

ONE YOU KENT

Unhealthy lifestyles cause around 40% of all deaths in England and cost the NHS more than £11 billion a year.

SUPPORTING THE CAMPAIGN

As part of a **ONE YOU KENT** network you can encourage people you meet to visit oneyoukent.org.uk and take the first step towards a healthier lifestyle.



Go online to find your **ONE YOU KENT** resources and help spread the word.

kent.gov.uk/oneyouresources

ONE YOU KENT

The website, oneyoukent.org.uk provides free tips, apps and a service finder to help **people** move more, stop smoking, drink less, eat well and enjoy a healthier lifestyle.



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