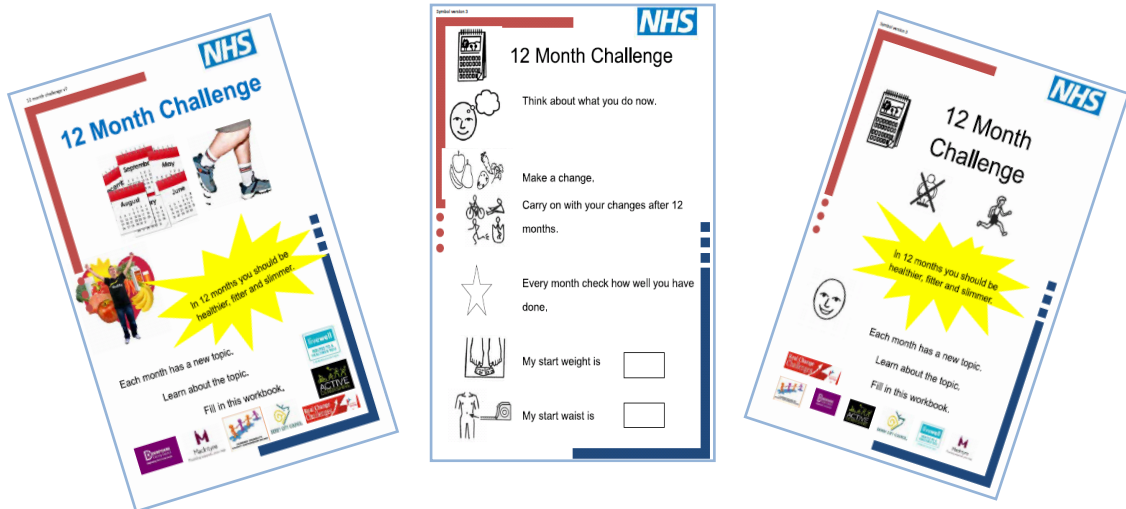


# Are you a carer for someone with a Learning Disability? Ask their GP Practice for the '12 Month Challenge'

## The '12 Month Challenge' –

A health improvement tool for People with Learning Disabilities.



The '12 month challenge' is a workbook to help people with learning disabilities to learn and understand more about:

- healthy eating,
- exercise
- and to encourage behaviour change

With a view to them losing weight, increasing their physical activity levels and becoming healthier over a twelve month period.

The workbooks are available from GP Practices or the Strategic Health Facilitation Team. They can be used to raise the issue of weight/weight-loss with the person you care for and encourage them to complete the challenge.

**If you would like to know more about the '12 month challenge' or wish to obtain copies, please contact the GP Practice or The Strategic Health Facilitation Team on 01332 268455**