

Body

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A multi-faceted approach to maintaining a healthy body including exercise, tips on diet and nutrition and strategies to kick those unhealthy habits.

Exercise

Project Awesome [8]

Free outdoor fitness classes in London.

My Fitness Pal [9]

Free calorie counter, diet and fitness recorder.

Couch to 5k [10]

The Couch to 5K app offers step-by-step instructions to get you running in just 9 weeks.

NHS cycle to work [11]

Discounts on buying a bicycle through this salary sacrifice scheme for NHS employees. Contact your local employer for your code.

Cycle Skills [12]

TfL's safe cycling programme, including free cycle skills classes for all abilities.

Parkrun [13]

A free weekly 5k, open to everyone of all ability across London's parks and green spaces.

Unhealthy habits

Smoking cessation [14]

The Smoke Free website offers advice and practical support to help you stop smoking.

Drinkaware [15]

Free app to track your alcohol consumption and spend over time.

Frank [16]

Friendly, confidential drugs advice.

GamCare [17]

Leading national provider of information, advice, support and free counselling for the prevention and treatment of problem gambling.

Diet and nutrition

Top tips [18] for healthy eating on a budget.

Dietary advice [19]

Diet and nutrition advice and information for all, not just doctors.

Healthier takeaways [20]

An overview of a healthier approach to takeaways.

Change4Life apps

Free apps by Public Health England with over 160 calorie counted recipes for breakfast, lunch and dinner and a food scanner to help you make healthier food and drink choices

? Change4Life Be Food Smart [21]

? Change4Life Smart Recipes [22]

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[7] <https://www.hee.nhs.uk/complaints>

[8] <http://www.projectawesomehq.com/>

[9] <https://www.myfitnesspal.com/>

[10] <https://itunes.apple.com/gb/app/one-you-couch-to-5k/id1082307672?mt=8>

[11] <https://www.cyclescheme.co.uk/>

[12] <https://tfl.gov.uk/modes/cycling/cycling-in-london/cycle-skills>

[13] <http://www.parkrun.org.uk/>

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[15] <https://www.drinkaware.co.uk/tools/app/>

[16] <http://www.talktofrank.com/need-support?ID=108>

[17] <http://www.gamcare.org.uk/>

[18] <http://www.nhs.uk/Livewell/eat4cheap/Pages/cheap-food-shopping.aspx>

[19] http://www.support4doctors.org/detail.php/26/diet-and-nutrition-for-busy-doctors-part-one?category_id=16&subcategory_id=495

[20] <http://www.nhs.uk/Livewell/men1839/Pages/Dodgytakeaways.aspx>

[21] <https://itunes.apple.com/gb/app/change4life-be-food-smart/id1182946415?mt=8>

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