



Around a third of adults in England are **damaging their health through a lack of physical activity**¹



1 in 4 women and **1 in 5 men** in England are defined as inactive^{2*}

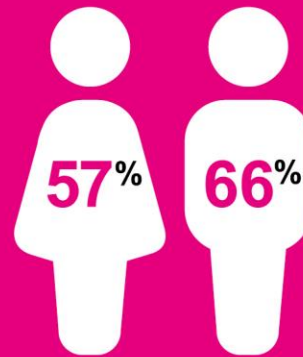


Healthy eating can reduce the risk of chronic diseases such as heart disease, stroke and some cancers⁷



Employees who are in **good health** are less likely to need time off work and are likely to be **more productive**⁴

In 2015, **57%** of women and **66%** of men in England were overweight or obese⁵



On average, obesity deprives an individual of an **extra 9 years of life**⁷



The **cost of an unhealthy workforce** to the UK taxpayer has been estimated at



Latest data show that in the UK only **25%** of men and **28%** of women ate the recommended level of at least **five fruits and vegetables per day**⁶



* **Inactive** – doing less than 30 minutes of moderate physical activity each week