



# FAT

TASTE THE WEIGHT

Could you take on the  
#GULPChallenge to  
Give Up Loving Pop  
for 21 days?

Challenge starts 8 May 2017  
Sign up online

**gulp.** *give  
up  
loving  
pop*

[www.giveuplovingpop.org.uk](http://www.giveuplovingpop.org.uk)

Drink one can of sugary pop a day? That could lead to  
over a stone (six kilos) in weight gain per year

**FOOD  
ACTIVE**



Healthy **KNOWSLEY**  
small steps to a healthier YOU 