

Be 
Healthy
Bucks



We help

children and young people
build healthy habits for life.

Our free health and wellbeing service focuses on creating long-lasting behaviour change.

Children who achieve a healthy weight are likely to be fitter, better able to learn, and more self-confident.*

We can help your patients:

- Make healthier lifestyle choices to help the whole family
- Improve their diet through fun healthy eating sessions
- Create long-lasting healthy habits for life



Buckinghamshire
Council



maximus

*NHS

Funded by Buckinghamshire Council and the NHS, this service is delivered by Maximus.

Why refer to us?



Access to expert nutritionists,
trained to support children
and families



Simple referral and registration
processes



Improve the lives of families
in your local community

Refer your patient
today and we'll take
it from there.



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or get in touch



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