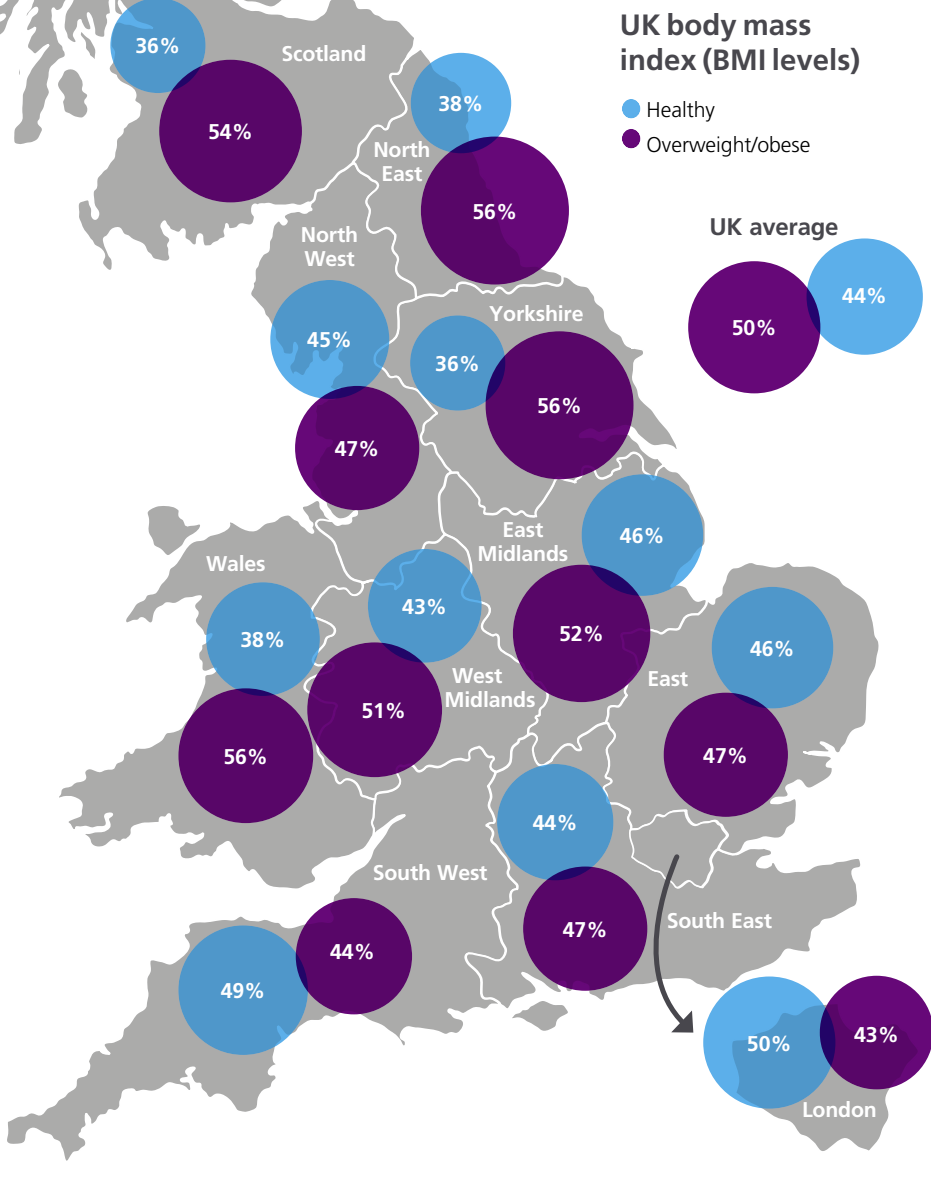
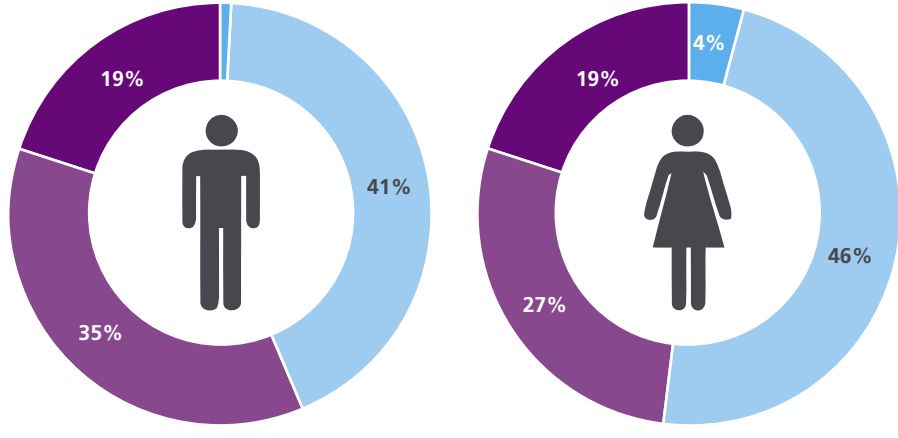


# Health in the UK

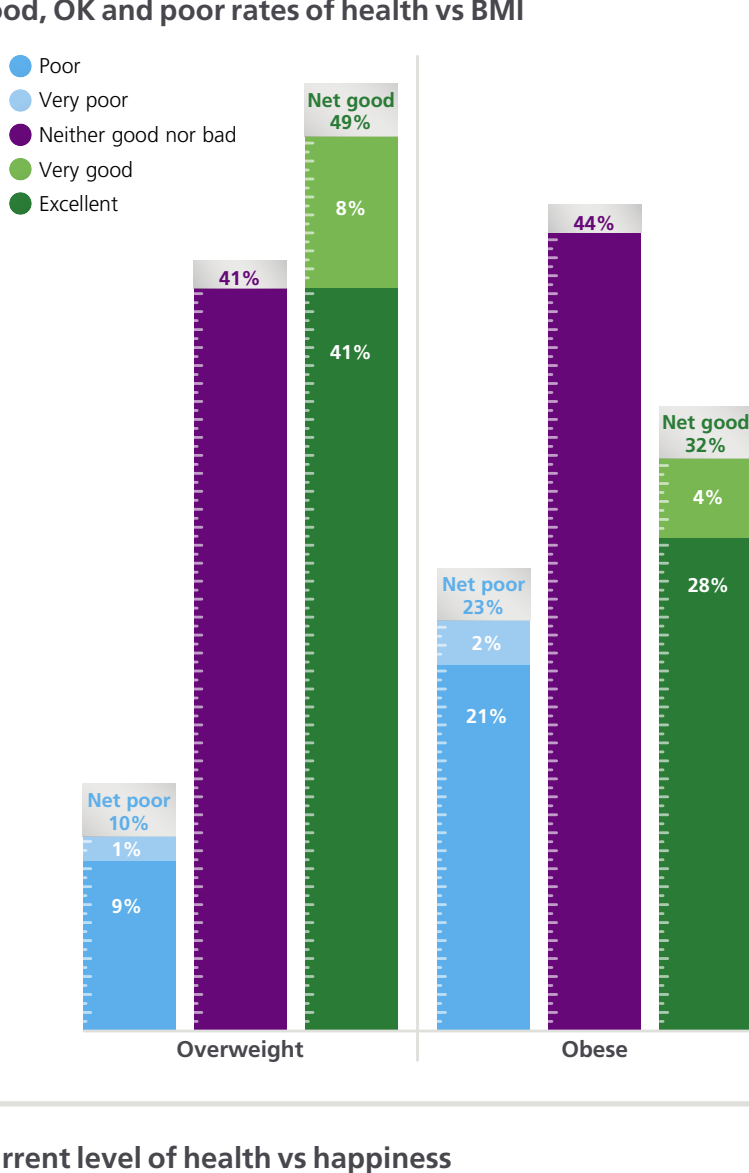
Taken from the Spring 2014 Aviva Health Check UK Report



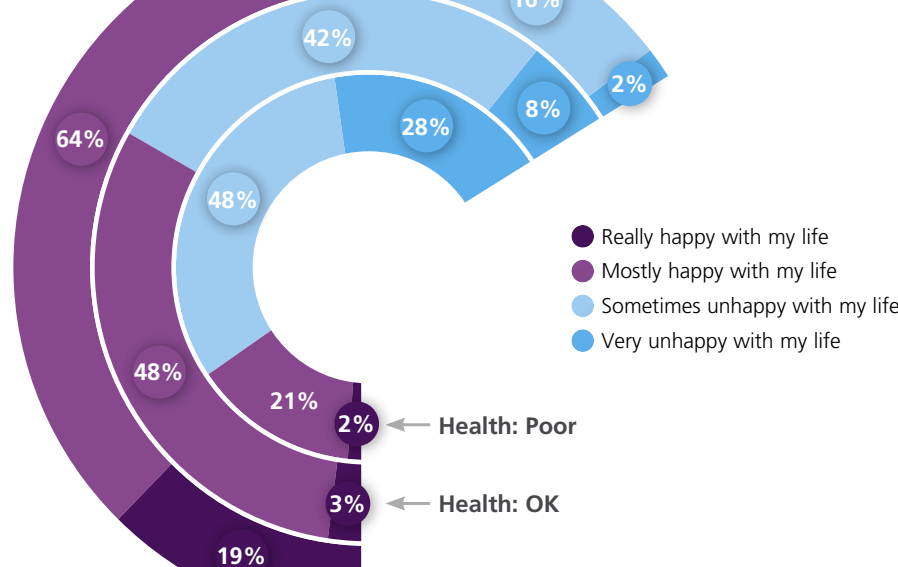
## UK BMI levels according to gender



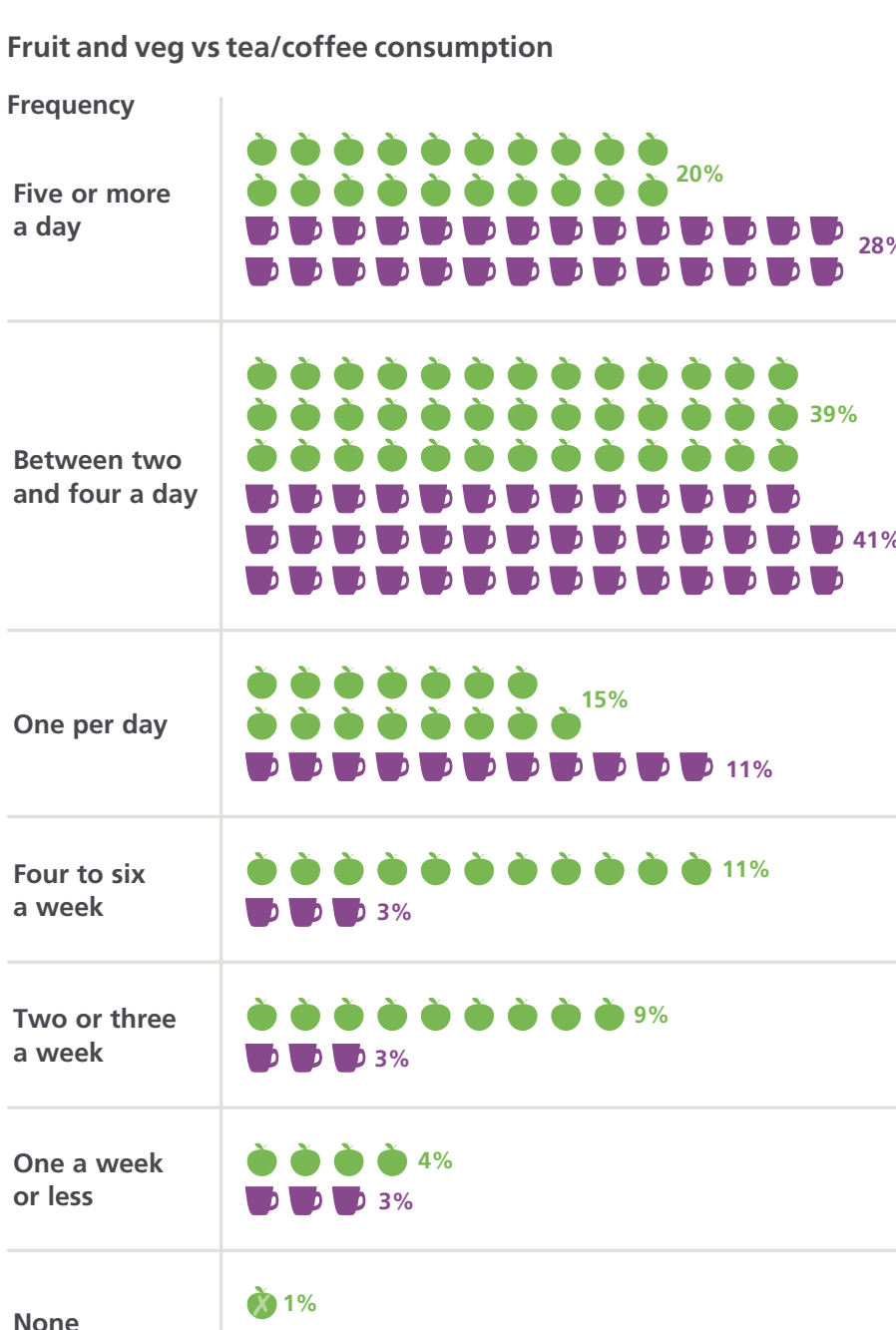
## Good, OK and poor rates of health vs BMI



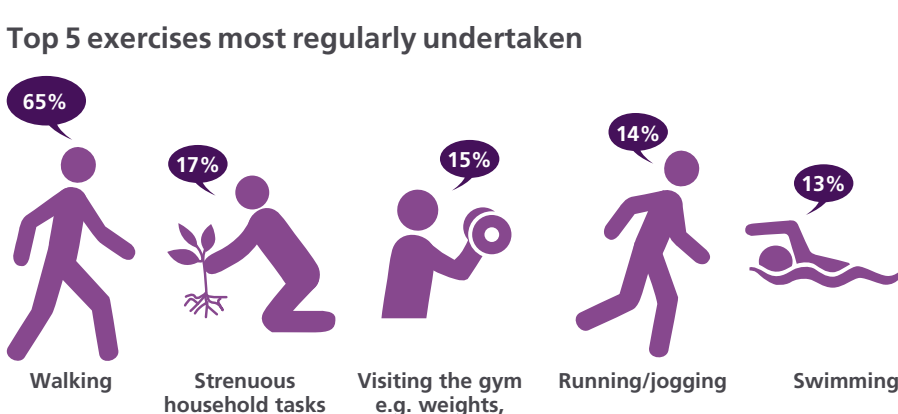
## Current level of health vs happiness



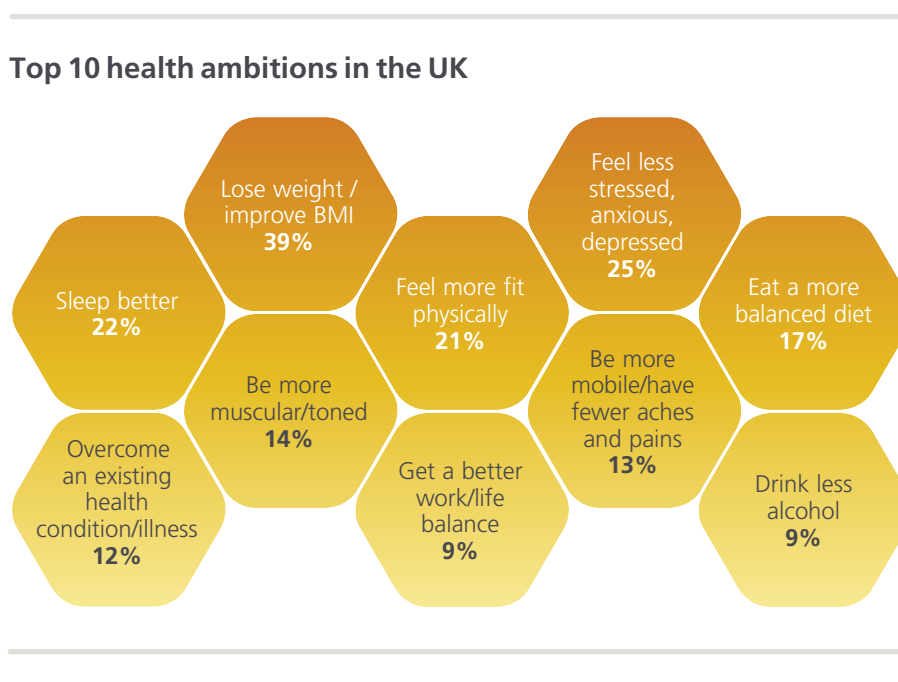
## Fruit and veg vs tea/coffee consumption



## Top 5 exercises most regularly undertaken



## Top 10 health ambitions in the UK



## Fear of putting on weight

