



EASY WAYS TO LIVE WELL



**INFORMATIVE AND ENTERTAINING FORMAT DESIGNED TO DRAMATICALLY
IMPROVE THE NATION'S DIET, FITNESS AND MENTAL WELL-BEING**



Modern life is not good for us...

Most of us know we are fatter, less fit and more stressed than ever before. And all of us want to be healthier... But with temptation everywhere, it's incredibly hard. But all is not lost. The hosts (Hugh Fearnley-Whittingstall and Steph McGovern in the UK) are on a mission to help us all fight back, revealing the easy fixes to dramatically improve our diet, fitness, mental well-being, and even help us sleep better.

In a fun and informative series packed full of the latest science and practical advice, we see genuine transformations that show how small changes can lead to big improvements. In each episode the hosts, alongside a local community and an individual family, test out some of the most surprising things we can do to make ourselves feel better and live longer whether they're scientific or a more holistic approach to health and wellbeing.

With scientific experts on-hand to bust the myths, this format will help the nation live better.

Keo Films for BBC One
Format available

