Lifestyle as Medicine Programme (LAM	Sleep Better	Before LAMP, I rated my approach to minimising harmful behaviours as:	The things I notice when I minimise harmful behaviours:	
	Move More	After LAMP, I rated my approach to minimising harmful behaviours as:		Minimise
	Eat Well			
	Reduce Stress	The things that have changed about my approach to minimising harmful behaviours since starting LAMP:	The things that help me minimise harmful behaviours:	e Harm
	Deepen Connection			
ИP)	Minimise Harm			■ 総