



**"I have lost 25 pounds.
It feels amazing, and I
just cannot believe that
I've accomplished it."**

— Lori from Anchorage
and Council, AK



Programs for Better Health

READY FOR A CHANGE?

Alaska adults can join programs to:

- Move more and choose healthy food and drinks
- Lose weight or stay at a healthy weight
- Lower blood sugar or blood pressure
- Stop smoking, chewing, or vaping

These programs work.

Thousands of Alaskans have joined and made healthy changes.

Many programs are free or low-cost.

You're not alone when you join.

Some programs match you with a coach.

Some also provide tools to make and track healthy changes.

**Find the program that's right
for you or someone you know.**



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JOIN PROGRAMS FOR BETTER HEALTH IN ALASKA.



Meet many health goals

- Lose weight or stay at a healthy weight
- Lower blood sugar to prevent or manage diabetes
- Lower blood pressure
- Stop smoking, vaping, or chewing tobacco
- Make changes that could reduce chances of developing dementia



Receive support

- Complete programs in different ways:
 - In person, online, or over the phone
- Receive tips and tools that match your program, such as nicotine replacement therapy that includes gum or patches, a blood pressure cuff, and more



Feel better now and for years to come

- Add more activity to your day
- Choose healthy food and drinks
- Sleep better
- Reduce stress
- Breathe easier

Thousands of Alaskans have joined.

Are you ready?
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