

## Healthy Living

### It's easy to take your health for granted.

By following a healthy lifestyle you can reduce the risk of getting seriously ill. You will feel better and it will help improve your immune system.



### ALCOHOL

In small quantities, alcohol can actually be beneficial to health. In large quantities, on a regular basis, it can have a very serious negative effect on health. At one extreme it can kill. CIRRHOSIS of the liver, for instance, is killing an increasing number of people, as are drivers who are over the limit.

- An accepted safe limit is 21 units a week for men and 14 units for women, a unit being approximately a glass of wine, half a pint of beer or a single measure of spirit
- This recommended maximum presumes that the consumption is spread throughout the week and not consumed all at once in a 'binge'



### SMOKING

- Over 100,000 people die each year in the UK from smoking-related diseases
- Every cigarette you smoke can shorten your life by an average of five and a half minutes
- Babies of smokers are, on average, 200 grammes smaller than those of non smokers
- Smokers smell!

### HOW TO GIVE UP

Stopping smoking is all about motivation. Without the real desire to give up you are unable to succeed. You must want to give up rather than feel you should give up.

- Set a date a week or so in the future when you intend to stop.
- Tell all your friends, relations and work colleagues that you're giving up on that day and ask for their support and encouragement. If at all possible, find someone to give up with you.

- When the big day comes, plan it carefully with plenty to keep you occupied. Avoid situations where the desire to smoke will be strongest such as whilst drinking.
- Finally, carefully put the money you would have spent on cigarettes on one side, each day, to save up for some special treat as a reward.

If you've tried everything and failed but are still keen to give up, seek help from your doctor.



## **DIET**

If your diet is lacking, your body has ways of letting you know, for example, you may be overweight or underweight or you may have a spotty complexion or constipation. Ultimately, a bad diet can lead to serious problems such as heart disease.

- A good diet helps fight off disease and makes you look and feel good

To find help from a nutritionist try [www.nutritionist-resource.org.uk](http://www.nutritionist-resource.org.uk)

## **EIGHT WAYS TO KEEP HEALTHY**

### **Blood Pressure**

Has yours been checked in the past five years?

### **Overweight**

Some people are overweight - others are "undertall". Chances are you weigh more than you should.

### **Smoking**

More and more people are giving up smoking. There are various programmes available to help you give up.

### **Exercise**

Regular exercise has both physical and mental benefits.

### **Relaxation**

Tension and anxiety can be helped by a psychologist or counsellor.

### **Alcohol**

Can make a good servant but a bad master.

### **Cervical Smears**

We recommend women should have regular three yearly cervical smears.

### **Tetanus Prevention**

We will check if you are immune and bring your cover up to date.