

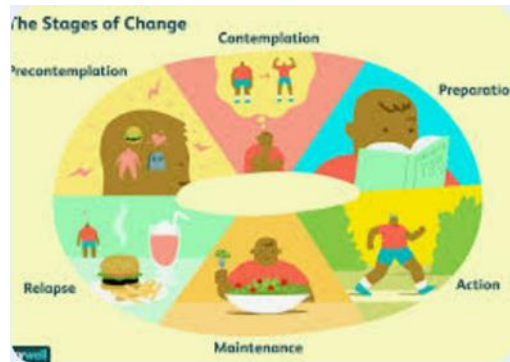
# Bradleys Practice Lifestyle Advice

*We believe prevention is better than cure.*

## 5 Pillars of Health



Healthy living will **reduce your risk** of heart disease, high blood pressure and stroke, type 2 diabetes, some cancers, breathing problems and mental illness. It will also **increase your life expectancy**. They give better outcomes than any medication available.



**Yes, I'm ready to make a change....**

<https://www.nhs.uk/live-well/>

### Healthy eating ...

Whether you're trying to lose weight or not, a balanced diet will reduce the risks to your physical and mental health. Aim to:

- eat five portions of fruit and veg daily
- reduce fat, added sugar and salt
- balance the food groups

Find out more at your local pharmacy, library or GP surgery:

[www.nhs.uk/Livewell/healthy-eating](http://www.nhs.uk/Livewell/healthy-eating)

### Alcohol within safe limits

Drinking within safe limits will have a positive affect on both your mental and physical health. Most people with drink-related health problems aren't addicted to alcohol but are drinking more than the recommended limits. The safe limits are:

- Men: 3 - 4 units a day (a pint = 3 units)
- Women: 2 - 3 units a day (a standard 175ml glass of wine = 2.3 units)
- Two alcohol-free days per week

Find out more at:

[www.nhs.uk/Livewell/alcohol](http://www.nhs.uk/Livewell/alcohol)

If you have a problem with alcohol, see your GP or contact:

Alcoholics anonymous

[www.alcoholics-anonymous.org.uk/](http://www.alcoholics-anonymous.org.uk/)

Helpline: 0845 769 7555

### ... and exercise

Taking regular exercise and keeping active is a great way to keep physically and mentally fit, and manage your weight.

You don't have to go to a gym or take up jogging. Go for a walk each day, use the stairs instead of the lift, go dancing or swimming.

- Exercise for 150 minutes a week (10 minute sessions or longer).
- Walk 10,000 steps a day.

Find out more at your local pharmacy, library and GP surgery:

[www.nhs.uk/Livewell/fitness](http://www.nhs.uk/Livewell/fitness)

### Smoking

Being a non-smoker is important in improving both your physical and mental wellbeing, whilst dramatically decreasing the risk of some cancers, heart disease and stroke.

You are four times more likely to stop with support and access to medication from the NHS stop smoking service.

Find out more at:

[www.helpmequit.wales](http://www.helpmequit.wales)

[www.nhs.uk/Livewell/smoking](http://www.nhs.uk/Livewell/smoking)

### Weight management

A healthy diet and regular exercise will help you to maintain a healthy weight. To understand if your weight is healthy, calculate your body mass index (BMI) - it should be 18.5 - 24.9. Being overweight or underweight carries risks. Use a BMI calculator and find out more at:

[www.nhs.uk/Tools/Pages/Healthyweightcalculator](http://www.nhs.uk/Tools/Pages/Healthyweightcalculator)

If your BMI is above 30, your GP can refer you for weight loss support.

### Mental wellbeing

There are five ways you can improve your mood, reduce the risk of depression, strengthen relationships, keep healthy and recover more quickly from illness:

- **Connect** with people
- Be physically **active**
- Keep **learning** new skills
- **Give to others**
- **Take notice** of what's happening around you

Try one thing to make a difference. Find out more at:

[www.nhs.uk/conditions/stress-anxiety-depression](http://www.nhs.uk/conditions/stress-anxiety-depression)

If you are worried about your mental health, see your GP.

For more hints, tips and apps to help you make a change, visit: [www.nhs.livewell](http://www.nhs.livewell)

TRUST US TO HELP YOU  
QUIT SMOKING  
FREEPHONE 0800 085 2219

Enter your details and the Help Me Quit team will call you back.



[HelpMeQuit.Wales](http://HelpMeQuit.Wales)

[www.Drinkaware.co.uk](http://www.Drinkaware.co.uk)

[bcuhb.nhs.wales/health-advice/help-with-my-weight/](http://bcuhb.nhs.wales/health-advice/help-with-my-weight/)

## Free apps



### NHS Food Scanner app

Start finding healthier swaps today!



### NHS Weight Loss Plan app

A 12-week plan to help you lose weight.



### NHS Couch to 5K app

A running app for absolute beginners.



### NHS Active 10 app

Track and build up your daily walks - start with 10 minutes every day!



### NHS Drink Free Days app

For the days you do not want to drink alcohol.



### NHS Quit Smoking app

Daily support to help you quit smoking and start breathing easier.





### NHS BMI calculator

Check your body mass index (BMI).

[Check your BMI](#)



### How Are You? quiz

Get tips on looking after your health.

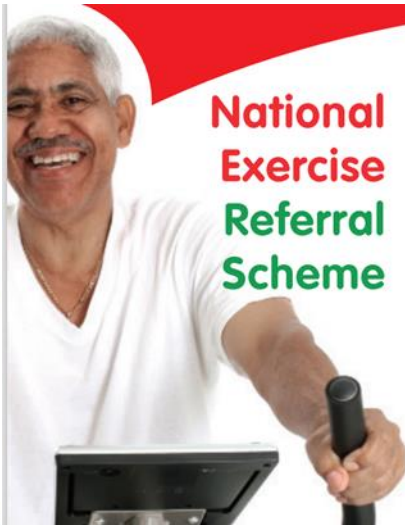
[Take the quiz](#)

## Other services available



Contact FLVC's Social Prescription Service

01352 744002 [support@flvc.org.uk](mailto:support@flvc.org.uk)



## National Exercise Referral Scheme

### What does the Scheme consist of?

There are a wide range of activities both gym based and class based to choose from for patients that have been through rehabilitation programmes. You will be able to access a wide range of opportunities and these will be available between 4 and 48 weeks of the programme (depending on medical condition).

### Activities\* across Wales consist of:

- Gym Sessions
- Swimming
- Yoga
- Walking
- COPD Classes
- Strength and Balance
- Gentle Exercise Classes
- Zumba
- Aerobics
- Pilates
- Cardiac Classes
- Aquafit

**Ask your GP for a referral**