

Saddleworth Medical Practice

Healthy Living

Fact Sheet



Self Care for healthy living

Living well is important for everyone. It means eating healthily, exercising regularly, getting enough sleep, stressing less, quitting smoking and drinking in moderation.

To find out more visit <http://www.nhs.uk/livewell>

Drinking

It may seem like you don't drink much alcohol, but a drink or two most evenings can do harm to your body. From making you gain weight to increasing your risk of cancer, alcohol can have serious effects on your body. The more you drink, and the more often, the greater the risk to your health.

Why not consider choosing 'Days Off' you can get reminders, support and practical advice to change your drinking habits for good.

To find out more visit <https://www.nhs.uk/oneyou/drinking>

Moving

There are lots of reasons to be more active. Moving more is good for your body and mind, helps stop you getting serious health problems and it can help you sleep better. Just a few small changes can make a big difference to your life and how you feel.

Fitting some physical activity into your day is easier than you think. For example brisk walking can benefit your health in many different ways.

To find out more visit <https://www.nhs.uk/oneyou/moving>

Stress

A bit of stress is normal and can help push you to do something new or difficult, but too much stress can take its toll and put your health at risk.

There's no quick-fix cure for stress, but there are simple things you can do to help you stress less. These include relaxing, exercise, eating a healthy and balanced diet, and talking to someone. Remember, you don't have to suffer alone and a good place to start is to talk to your GP.

To find out more visit <https://www.nhs.uk/oneyou/stress>

Eating

Whether you're trying to lose weight, get in shape or just live a healthier life, eating well has lots of benefits. From improving your health to saving you money, there are lots of reasons to eat well.

Making some small changes and food swaps to help you cut back.

To find out more visit <https://www.nhs.uk/oneyou/eating>

Smoking

If you smoke, quitting is one of the best things you'll ever do for your health. As soon as you stop smoking you'll see the benefits to your everyday life, health and wallet. And your family will thank you for it, too.

Now is the right time to quit. Every cigarette causes you real harm and quitting smoking is healthier for you and your family. There's lots of free support to help you quit now.

To find out more visit <https://www.nhs.uk/oneyou/smoking>

Sleep

Regular poor-quality sleep can have a huge effect on your health. Most of us need around eight hours of good-quality sleep a night to function properly – but some need more and some less.

What matters is that you find out how much sleep you need and then try to achieve it.

To find out more visit <https://www.nhs.uk/oneyou/sleep>

READY FOR A NEW YOU?

SEARCH **ONE YOU**

Factsheet produced in association with the Patient Participation Group (PPG)

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