

# How to Choose Health

**NHS**

Corwall and Isles of Scilly



Health  
Promotion  
Service



Designed by Robbie McIntosh  
[www.robbletoons.co.uk](http://www.robbletoons.co.uk)

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## Choose to be.... Physically Active



- **Make physical activity part of your life** by putting more effort and energy into every day activities.
- **Start slowly and build up gradually** to avoid overdoing it and feeling uncomfortable.
- **Take part in a variety of activities that you enjoy** so that you are active more often. This can be structured exercise, sport or lifestyle activity eg housework, gardening, walking, dancing.
- **Aim to do more**  
**Adults:** 30 minutes of moderate activity at least five times a week.

**Older adults:** 30 minutes of varied moderate activity at least five times a week to improve strength, co-ordination and balance.

This can be:

3x10 minute sessions

2 x 15 minute sessions

aiming for 1 continuous 30 minute session

**Children and Young people:** 60 minutes each day.

At least twice a week include activities that improve bone health, muscle strength and flexibility

- **Be active at a moderate intensity** which will make you breathe a little faster, feel a little warmer and have a slightly faster heart beat. Check that you can still talk.
- **For weight loss walk most days for 60 mins.**

## Choose.... Healthy Eating



- **Enjoy your food**  
Take your time over your meal and eat with others where possible.
- **Have fun cooking**  
Cooking from scratch means that you know what you are eating. Try to reduce the number of ready meals as these are often high in fat, sugar and salt.
- **Eat a variety of foods** in the proportions illustrated in the Balance of Good Health Guide.
- **Eat plenty of fruit and vegetables**  
5 portions (each 80 gms, roughly a handful) of a variety of fresh, frozen, tinned, juiced or dried should be eaten a day.
- **Have some bread, potatoes, cereals, pasta or rice at each meal** to provide you with energy, instead of fat and sugar.
- **Include dairy produce, meat, fish or pulses** in meals to provide calcium and protein.
- **Keep fatty, salty and sugary foods to a minimum** as these are linked to chronic ill health.
- **Drink plenty of liquid**  
Lack of water can trigger off daytime fatigue and headaches and can be mistaken for hunger. Aim for at least 8 glasses a day.
- **Limit portion sizes to control weight**  
Keep the second servings for your lunch the next day rather than forcing it down. Focus on the quality not the quantity when eating out.
- **Be physically active**  
It helps you feel better about yourself and uses up those extra calories.

## Choose to .... Control Your Weight



- **Stabilise eating behaviour**  
Keep a diary of what you eat and cut out unnecessary, unhealthy snacks.  
Recognise and stop unhealthy eating behaviours eg buying chocolate at the petrol station, keeping a draw full of snacks at work or home.  
Have regular nutritious meals and plan ahead.
- **Eat a balanced variety of foods**  
As illustrated in The Balance of Good Health Guidelines.
- **Monitor how much you eat.**  
Make small changes, limiting portion size according to required weight loss.  
Aim to lose a realistic amount of weight approx 0.5 – 1kg per week.  
Aim for a calorie deficit of 500 Kcals a day.  
Be aware that alcoholic drinks can be high in calories.
- **Incorporate activity into your life**  
Helps you feel good and uses up those extra calories.  
Aim for 60 mins of brisk walking or an activity that you enjoy that fits easily into your daily routine. Try to avoid transport whenever possible.
- **Make lifestyle changes**  
that will enable you to maintain these new eating habits.  
Try to get the support of family and friends to keep up the changes. Make small, realistic changes gradually so that everyone gets used to them.

## Choose to.... Stop Smoking



- **Stopping smoking**  
is the greatest thing that you can do to improve your health.
- **Be ready to stop**  
The more you prepare the better your chance of successfully quitting.
- **Plan how you want to stop smoking**  
There is nicotine replacement therapy (patches, gum etc) to help you if you don't want to go cold turkey.
- **Identify alternative ways of dealing with stressful situations / cravings.**
- **To prevent weight gain**  
eat sensibly and keep as active as possible.
- **If at first you don't succeed**  
try again.
- **Protect yourself and those around you**  
from second-hand smoke.
- **Learn from your experiences**
- **You can get free local support from the Stop Smoking Service on 01209 215666**

## Choose to.... look after your Mental Wellbeing



### • Look after yourself

Be aware of the warning signs that you are not coping. Develop a plan of action and slowly structure a routine to give a sense of achievement.

Don't be manic. Slow down and take time out to relax and enjoy things.

### • Increase your physical activity levels

The enemy of depression is physical activity. Although it may be difficult to find the time or motivation, being active can give you more energy and help you feel better about yourself.

### • Eat a healthy balanced diet

By not getting enough nutrients you risk prolonging feeling low.

### • Give up Smoking

Giving up can be an empowering experience because you are taking control of the situation.

### • Check out what you think

Learn to change or distract your thoughts and replace the sad negative ones with something more positive and constructive.

### • Seek help

Even though it may feel difficult don't be afraid to ask for help before things get too much. Friends, family, GP, nurse, a local support group or help line are there for you.

**C** - consider yourself and set more realistic goals

**O** - open up and talk

**N** - notice the small pleasures around you

**T** - take care of yourself

**R** - relax and make time for yourself

**O** - organise your own time

**L** - learn to laugh again

## Get a grip and.... Choose Health

Take small steps and change  
one thing in your life at a time

My one specific, realistic Goal is:

How I will benefit?

What might prevent me from reaching my goal?

How am I going to achieve this?

Who will help me?

This will become a normal part of my every day life by:

Date

Signed

For more info please call the:

Health Promotion Service on 01209 313419