

## Change a little - gain a lot Why change?

Eating healthily, doing more exercise, stopping smoking, drinking alcohol within safe limits and looking after your mental wellbeing 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**.

## Are you ready to change?

Use this ready reckoner to help you decide.....



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

Wondering where to go next? Luckily there's lots of information to support you in achieving your goals.

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at:

[EqualityandInclusion@oxfordhealth.nhs.uk](mailto:EqualityandInclusion@oxfordhealth.nhs.uk)

**Arabic** يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسبيق مختلف.

**Bengali** আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।  
**Urdu** اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

**Chinese** 若要以其他語言或格式提供這些資訊，請與我們聯繫

**Polish** Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

**Portuguese** Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

Oxford Health NHS Foundation Trust  
Trust Headquarters  
Littlemore Mental Health Centre  
Sandford Road  
Littlemore  
Oxford  
OX4 4XN

**Switchboard:** 01865 901000

**Email:** [enquiries@oxfordhealth.nhs.uk](mailto:enquiries@oxfordhealth.nhs.uk)

**Website:** [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)

Become a member of our Foundation Trust

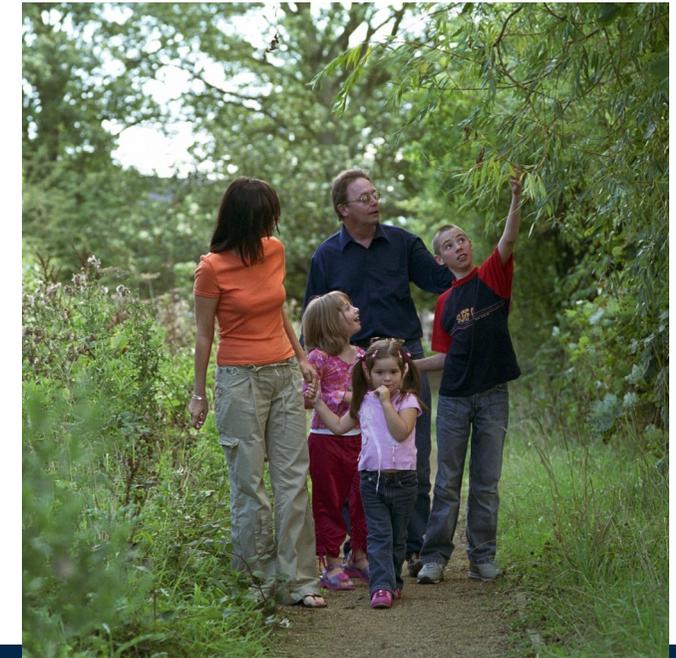
[www.ohftnhs.uk/membership](http://www.ohftnhs.uk/membership)



Change a little, gain a lot

**NHS**

**Oxford Health**  
NHS Foundation Trust



Healthy lifestyle choices

# Making healthy lifestyle choices

## 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

*The Oxfordshire Roads to Recovery*

[www.turning-point.co.uk](http://www.turning-point.co.uk)

## ... 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.getoxfordshireactive.org](http://www.getoxfordshireactive.org)

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

Or ask at your GP surgery or pharmacy to see the stop smoking advisor.

## 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). You can also visit our [website](http://www.oxfordhealth.nhs.uk/support-advice/making-healthy-lifestyle-choices) [www.oxfordhealth.nhs.uk/support-advice/making-healthy-lifestyle-choices](http://www.oxfordhealth.nhs.uk/support-advice/making-healthy-lifestyle-choices)



NHS Choices



@NHSChoices