

# 7 WAYS TO IMPROVE YOUR HEALTH

## 1

### Oral Health Care



- Brush your teeth twice a day for 2 minutes, once before bed and at one other time



- Cut down on sugary foods and drinks



- Visit your dentist regularly, as often as recommended

## 2



**Eat a healthy balanced diet - reduce your sugar intake**

## 3



**Exercise - increase your heart rate - see GP if you have concerns**

## 4



**Try to quit smoking - [www.nhs.uk/better-health/quit-smoking](http://www.nhs.uk/better-health/quit-smoking)**

## 5



**Cut down on the amount of alcohol you drink**

## 6



**Relax - find ways you like to relax eg. see friends, watch tv**

## 7



**Increase activity levels - sit for shorter periods**