

Lodge and Highfield Surgeries

Healthy Living Pack

For more information and support, visit *One You* at www.nhs.uk/oneyou

TOP TIPS FOR HEALTHY EATING

Love your labels

Food labels can seem a bit boring, but they are the best way of checking what you are eating as they can tell you what is hidden inside food and drinks, such as high sugars and fat contents.

Be calorie smart

Counting calories does not have to mean you are on a diet! They are a really handy way of helping you choose balanced meals each day, and not eating more than your body needs.

Eatwell plate

The eatwell plate is brilliant – it helps you eat a balanced diet by showing you how much of what type of food to eat at each meal. Simple!

Reduced portion sizes

Even if eating a healthy diet, if portion sizes are too large this will cause weight gain and increase blood sugars. Using a smaller plate size will make it look fuller and make you think you have more food on your plate.

Limit packaged foods and take-aways

Limit the risk of over-eating and hidden fats, sugars and calories by swapping packaged foods and take-aways – try to create your own dinners with natural foods such as fresh meat, fruit, vegetables, etc.

Share packaged foods

Many food and drinks are packaged for two adults sharing, so if you are eating by yourself avoid temptation and save some for later. Do not give a whole one to a child – let them share a bag of crisps, or save some.

Eat a little slower

It takes time for our brains to register we are full, so try to eat more slowly. If you are eating with friends or family, try pacing yourself to the slowest eater.

Focus on your food

Eating distractedly, such as in front of the TV, means we eat more without noticing or even enjoying it. Swap the TV for the table.

Aim to feel satisfied, not stuffed Try eating just one plate of food and do not go back for seconds.

Super start your day

Do not be tempted to skip breakfast, even if you are trying to lose weight. If you have a healthy breakfast in the morning, you are less likely to want to snack before lunch.

Pack it in

Plan ahead and take a packed lunch to work or when you are out and about. It can work out cheaper too.

Max your pocket, not your drink!

Extra large whole milk lattes or cappuccinos may seem like value for money, but they also contain more calories and fat. Try swapping for a regular size coffee made with lower fat milk - it will save you money.

Choose proper meals over snacking, and keep a record of what you are eating inbetween meals

Snacking inbetween meals can double your calorie intake and increase your sugar and fat intake without you realising. Carry healthy snacks to resist temptation, such as fruit and nuts or find activities to divert your attention away from snacking.

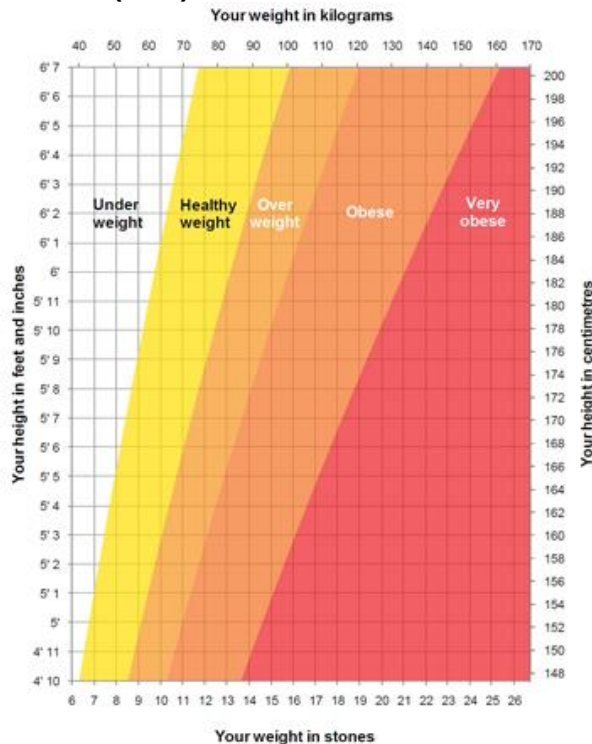


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Calculate Your Body Mass Index (BMI)



This height/weight chart is only suitable for adult men and women. It is not suitable for children or young people under 18.

If you want to check if your child is a healthy weight, or if you are under 18 yourself, use the BMI healthy weight calculator on www.nhs.uk, which is suitable for both adults and children.

Overweight, obese or very obese

If you are in any of these ranges, you are heavier than is healthy for someone of your height. Excess weight puts you at increased risk of heart disease, stroke and type 2 diabetes. It is time to take action. There is lots of information, advice and support on www.nhs.uk/oneyou that can help you.

Underweight

If you are in the underweight range, there are a number of possible reasons for this. Your GP can help you find out more and give you help and advice. Learn more by reading about nutrition for underweight adults.

Healthy Weight

If you are in this range, it means you are a healthy weight for your height. However to stay in good health, it is still important to eat a balanced diet and include physical activity in your daily life. It is recommended that adults should be active for at least 150 minutes per week, i.e. at least 30 minutes activity, such as walking or gardening, at least five days a week.

WANT TO LOSE WEIGHT? FREE SUPPORT AVAILABLE

If you are in the obese or very obese range and are over the age of 16, the Practice can offer free weight-loss support with either Weight Watchers or Slimming World. Vouchers for an initial 12 weeks can be offered to anyone who is not already attending.

Men - Shape Up Challenge

Men aged 18 - 60 years old who are in the obese or very obese range are eligible to be referred to the Watford FC Community Trust Shape Up Programme. This is a weight management referral scheme for 12 weeks of FREE weight loss support at local groups.

For further information about either of these, please make an appointment with our Healthcare Assistant.

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STOP SMOKING – QUIT FOR GOOD

Your local Stop Smoking Service

If you are trying to give up smoking, there is plenty of support at the Practice or your local Pharmacy. You are **four times more likely** to succeed with the support of a healthcare professional compared to going it alone. If you want to discuss how to quit or want to try quitting again, make an appointment with a Practice Nurse at the Practice by phoning 01727 853107. Alternatively, if you need more flexibility with times of your stop smoking support, visit your local Pharmacist. They all have an individual consulting room if you would like to discuss this with someone privately.

Your local Stop Smoking Service can:

- Boost your willpower to stop smoking.
- Concentrate your efforts by getting advice from someone who knows your medical background.
- Help you feel that you are not doing it alone.
- Help you to cope when you are tempted to smoke.
- Monitor improvements to your health so that you can see the benefits.
- Offer appropriate medicines or smoking replacement therapies whilst you are quitting.

FURTHER INFORMATION AND SUPPORT

Online support, tools and resources are available on www.nhs.uk/smokefree or www.nhs.uk/oneyou.
To speak to a Stop Smoking Adviser, telephone 0300 123 1044.

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SAFE ALCOHOL LEVELS

- Men and women should not drink more than **14 units** a week.
- The number of units consumed in any one day should be limited – 2-3 for women and 3-4 for men.
- It is recommended that any woman who is pregnant or is trying to get pregnant should avoid drinking alcohol altogether.

By sticking to the new guidelines, you can significantly lower the risk of harming your health now and in the future. Alcohol also has a very high number of calories.



Know Your Units

The size and strength of your drink will determine the number of units and calories it contains:

Glass of red, white or rose wine

(ABV 13%)

Small 125ml



1.6 units

95kcal

Standard 175ml



2.3 units

116kcal

Large 250ml



3.3 units

190kcal

Other drinks (ABV varies)



25ml single spirit and mixer

(ABV 40%)

1 units

56kcal

275ml bottle of alcopop

(ABV 5.5%)

1.5 units

143kcal

Beer, lager and cider

Regular (ABV 4%)



1.8 units



2.3 units

Strong (ABV 5.2%)



2.2 units



3 units

Extra strong (ABV 8%)



3.5 units



4.5 units

FURTHER INFORMATION AND SUPPORT

Useful information and online tools (including an App for your phone) can be found on www.drinkaware.co.uk and www.nhs.uk/oneyou.

If you have any concerns about your own or someone else's drinking, support is available:

- Spectrum: Telephone 01727 847277 www.changegrowlive.org
- A-DASH for under 18 year olds:
 - Telephone 01992 531917 - Fax 01992 531918 - Text 07770 537227
 - Or email A-DASH@hpft.nhs.uk or A-DASH@nhs.net

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PHYSICAL ACTIVITY FOR ADULTS

Everyone should aim to be active daily.

As a goal, aim for at least **30 minutes** of physical activity every day. This can be split throughout the day, e.g. do 3 lots of 10 minute exercises or activities.

The importance of activity and exercise

Moderate physical activities, such as walking, cycling and gardening, are good for you and will get you moving. These activities may get you warmer, make you breathe harder and raise your heart rate. You may already be someone who enjoys vigorous exercise such as running and sports, but even those who don't participate in these can increase their daily activity levels through small changes. For example, park the car further away to where you are going, use the stairs instead of a lift or escalator or walk to your local shops instead of using the car. If the weather is bad or you cannot exercise outdoors then exercise can be done indoors such as climbing stairs, using an exercise bike or exercising limbs whilst listening to music/watching tv.



Building activity into your day keeps your heart healthy, reduces your risk of serious illness, maintains healthy weight, and strengthens muscles and bones. It is also a great way of reducing your stress levels and lifting your mood.

It is important to minimise sedentary behaviour – reduce your time sitting watching TV, using the computer or playing video games, and if you have a desk-job take regular breaks at work to move around.

FURTHER INFORMATION AND SUPPORT

1. Try a free local Health Walk in St Albans with Countryside Management Services. See www.walkingforhealth.org.uk to drop-in for a local walk near you.
2. You may be eligible for a discounted gym membership or free trial sessions at a local Health Centre in St Albans. See www.1life.co.uk, or contact Rob Allwood by phoning 01727 819253 or email him on rob.allwood@1life.co.uk.
3. Men - Shape Up Challenge
Men aged 18 - 60 years old who are in the obese or very obese range are eligible to be referred to the Watford FC Community Trust Shape Up Programme. This is a weight management and exercise referral scheme for 12 weeks of FREE weight loss support at local groups.
4. The YMCA leisure centre at Highfield in St Albans offers reasonable membership rates for gym, classes and badminton facilities. They also hold specialist classes and support for people of all activity levels as follows:
 - Parkinsons Exercise Group
 - MS Exercise Group
 - specialist support and advice to cater for a range of other neurological conditions.
 - for those affected by cancer now or in the past, they are part of a Macmillan Partnership, offering advice and support on physical activity.

Telephone Highfield YMCA on 01727 731540 for more information or visit their website www.oneyymca.org.