

Simple changes to help people get more out of life.

We all make lots of lifestyle choices every day, often without thinking about them. It's easy to treat ourselves and worry about the consequences later. But all these choices add up and can increase the likelihood of being unwell later in life.

Small changes can make a really big difference in feeling better and avoiding preventable illnesses. So here's how to point people in the right direction.

HEALTHY POINTERS

MAKING REAL CHANGES TO WELLBEING IS EASIER THAN MOST PEOPLE THINK.

Here are some easy pointers for you to pass on and get someone started.

If they need more personalised expert support, there are lots of local organisations that can help. Just visit mecc-moments.co.uk to refer them on.

MENTAL WELLBEING

Daily stress and other factors can easily lead to a low mood or something more serious. But there are lots of small things people can do to look after their mental wellbeing.

Tips to benefit mental wellbeing:

1. Get plenty of sleep – it helps start the day more energised and positive
2. Do things that make them happy – make time for themselves
3. Get outside – sunlight has extremely positive effects on mood
4. Ask for help – there's no need to suffer in silence

EAT WELL

Eating well is better for their waistline, and it helps make sure they're getting the nutrients they need to live and feel their best.

Tips to eat well:

1. Fruit and veg can be fresh, dried, frozen or canned
2. Ditch the salt – reducing salty foods helps prevent heart disease and strokes
3. Go light – switch to lower fat options, such as light mayonnaise
4. Watch out for high sugars in 'low fat' products, like breakfast cereals

STOP SMOKING

Quitting smoking is one of the best things anyone can do for their health and wellbeing. It saves money and can improve taste and smell too.

Tips to stop smoking:

1. Smokers are four times more likely to quit permanently with support
2. Keep the things that matter in mind – like kids or long-term health
3. Most people who quit save £250 a month!
4. Avoid triggers – when are they most likely to smoke?

BE ACTIVE

Living a more active life and moving more has lots of health benefits, from feeling better to losing weight.

Tips to get more active:

1. Start small – if they can only do 10 minutes a day, start with that for now
2. What about a walk? Walking is a great way to get active and it's free!
3. If they can't sing while they exercise then they've got the level about right
4. Forget about other people – whatever works for them is fine

DRINK LESS

Lots of people enjoy alcohol now and then to relax, but cutting back a bit can have all kinds of benefits to health, mood and sleep.

Tips to reduce alcohol:

1. Try having one or two more drink-free days every week
2. Have one or two less drinks than normal
3. Think about downsizing – for instance, why not swap pints for bottles?
4. Try a mixer – it reduces the calories too

MECC

making every contact count

For a directory of local services and support visit:
mecc-moments.co.uk

Giving everyone a healthy steer

to help them live and stay well



Where to go from here...

If they feel like they're ready to make a change in their life, then the tips you've shared are doing their job!

But you can help them decide where to go from here, too. They may want support tackling something specific - like quitting smoking. Or they may want to make small changes to lots of different parts of their lifestyle, to generally improve their health and wellbeing. Whatever it is, there's loads of advice and assistance ready when they are.

Even small changes can make a big difference...

Having more alcohol-free days...

...can help improve both sleep and waking up.

Eating five a day can help reduce the risk of heart disease.

A brisk 30-minute walk will burn around 100-300 calories.

Just two weeks of not smoking can improve circulation.

Keep in touch with friends and family.

Catching up with someone close once a week has real mental health benefits.

Cancer screening saves thousands of lives in England each year

Screening can detect cancer at an early stage. If cancer is picked up early, it means that treatment is more likely to work and more people survive.

In the UK there are national screening programmes for bowel, breast and cervical cancer.

For more information on cancer screening please visit

www.gov.uk/topic/population-screening-programmes

www.nhs.uk/conditions/nhs-screening