

Your lifestyle

Small changes can lead to **BIG** benefits for you and your family

Cheshire East Council working together with local NHS and care partners



Lifestyle change can lead to better health

By making changes, however small, you can make a big difference to your health and wellbeing.

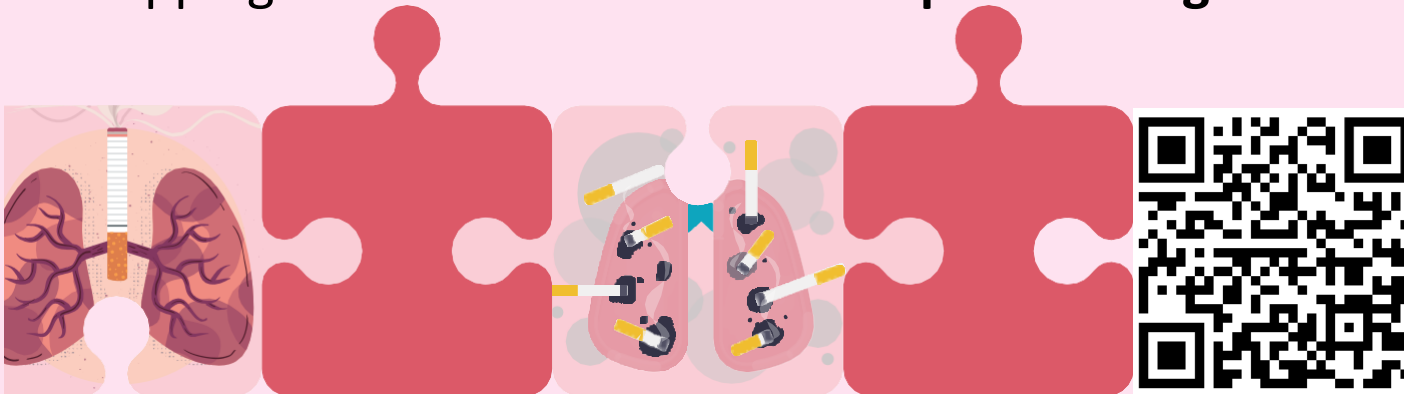
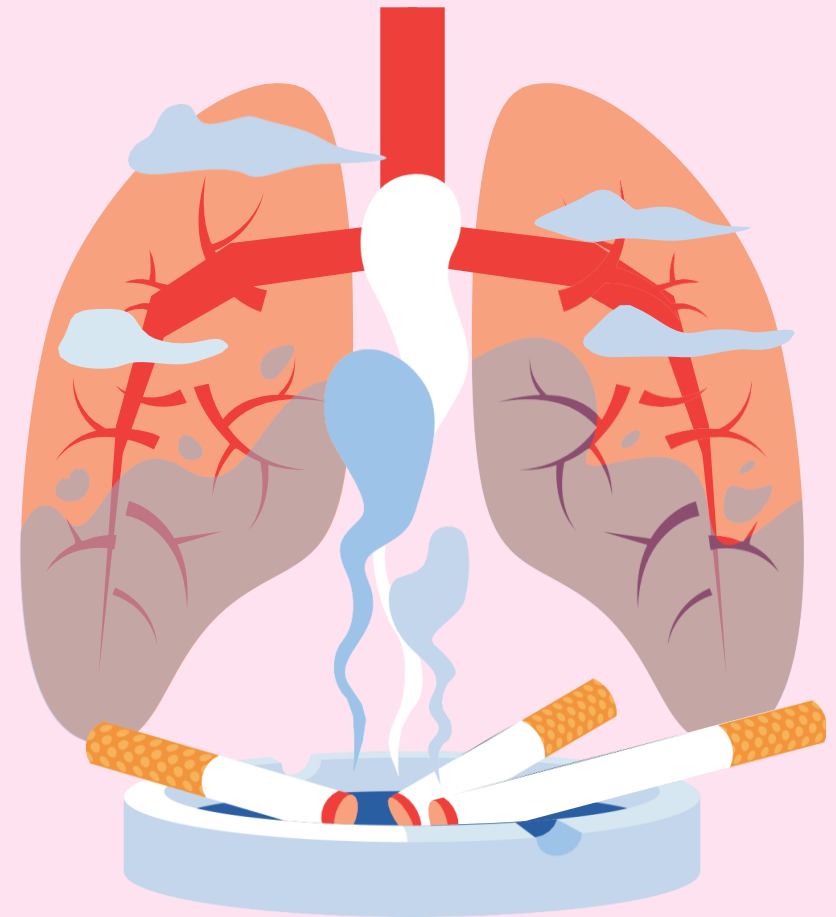
These lifestyle changes could also help you avoid medical treatment in the future.

Live Longer Better*



Be smoke free

- ✓ Stopping smoking is **one of the best** things you will ever do for your health and it's never too late to stop
- ✓ You are up to **four times more likely** to stop for good with help from your local Stop Smoking Service
- ✓ With **One You Cheshire East** you will have support from a dedicated advisor who will be with you every step of the way
- ✓ As well as behavioural support, your advisor will talk you through the different NRT (nicotine replacement therapy) available
- ✓ For more information including the benefits in stopping search '**NHS better health quit smoking**'



For free help and advice from One You Cheshire East call 0808 1643 202, scan the QR code or search '**One You Cheshire East**'.

Rethink your drink

- ✓ Any **reduction** in the amount you drink every week can be a really **effective way to improve your health**
- ✓ Recommendations for adults are **no more than 14 units*** of **alcohol a week**, spread evenly across the seven days (that's around 6 medium (175ml) glasses of wine, or 6 pints of 4% (regular strength) lager, beer or cider)
- ✓ If you live or work in Cheshire and Merseyside search **Lower My Drinking** or download the **free Lower My Drinking app**
- ✓ If you are concerned about your drinking, there is local support available. Search **Change Grow Live Cheshire East** to find out more



*one single measure of spirits is 1 unit, 175ml glass of 11% ABV is 1.9 units and a 568ml pint of 5.2% ABV lager is 3 units



For advice and tips on how to cut down scan the QR code or search 'NHS better health drink less'.

Be kind to your mind

- ✓ Our **physical and mental health are closely linked**. Looking after our mental health can help make it easier to maintain a healthier lifestyle
- ✓ A healthy mind allows us **feel better, sleep better** and be better able to cope with life and the challenges it throws at us
- ✓ There's lots of things you can do to look after your mental health and the **NHS 5 steps to wellbeing** is a great place to start. Doing these things could help you feel happier and be able to get the most out of life
- ✓ Try to **connect with others, be physically active, learn new skills, give to others** and **be in the present moment** (mindfulness)



To learn more about the Five Steps to Wellbeing scan the QR code or search '**NHS 5 steps to wellbeing**'.



Enjoy nature, be active

- ✓ **Spending time outdoors** has lots of benefits for both your physical and mental wellbeing
- ✓ It can raise **energy levels and reduce feelings of stress** by allowing you to be in the **present moment (practice mindfulness)**
- ✓ Try **researching your local area**, it can give you some ideas of where you can go to enjoy open green space in your neighbourhood
- ✓ **Green Spaces for Wellbeing** is a project running across **Crewe and Macclesfield**, supporting people to get outdoors and **build confidence** through activities such as wildlife gardening, food growing and nature walks
- ✓ Looking to get more active? **Everybody Health and Leisure, One You Cheshire East** and **Live Well Cheshire East** could help you get started - look for them online



To find information on **parks, walking routes, Green Spaces for Wellbeing** and much more scan the QR code or search '**Cheshire East libraries and leisure**'.



Eat well

- ✓ Eating a **healthy, balanced diet** helps to ensure that our bodies are getting all the nutrients they need to stay well
- ✓ Try to **plan your meals** in advance and take a shopping list with you when you go to the supermarket – that way you're less likely to be tempted by other items
- ✓ Make use of more **affordable long life foods** such as tinned and/or frozen fruits and vegetables (which can also save on waste)
- ✓ Try to cut down on the **amount of fat** (saturated fat) and **sugar** you consume
- ✓ **NHS Eat Well** has some great ideas on how to improve your food choices including how to read food labels



For more information scan the QR code or search '**NHS eat well**'. You can find recipe ideas for you and your family at '**NHS healthier families**'.

Good sleep – are you getting enough?

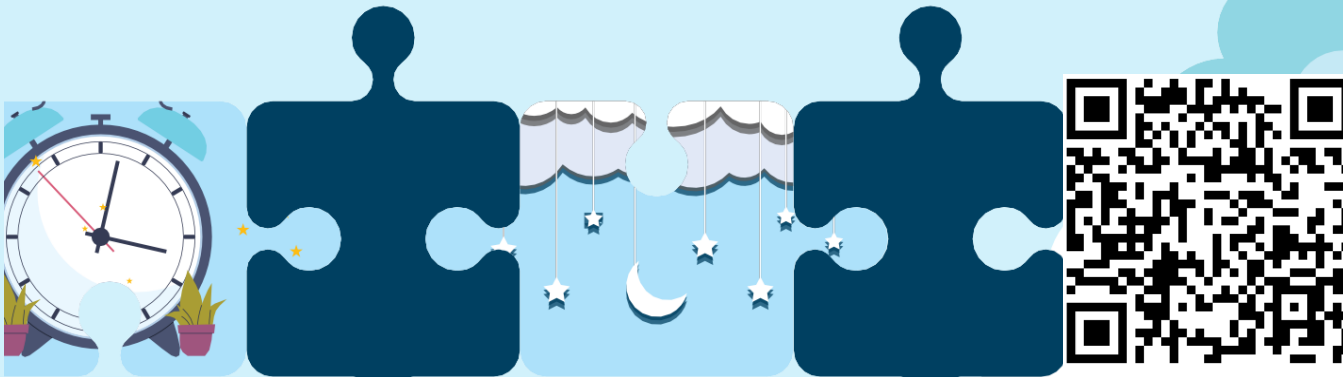
If the answer is 'no' you may find it has an impact on your wellbeing. **Good sleep is essential** and a healthy adult should have between **7-9 hours a night**. It's important that you develop a good bedtime routine (good sleep hygiene).

You can do this by:

- ✓ Keeping your bedroom **dark and comfy**, this is your space to unwind and relax
- ✓ **Avoiding screens** such as **mobile devices** and/or **watching television**
- ✓ **Cutting down** on **caffeine** and **alcohol** on the run up to bedtime



For more information on sleep problems scan the QR code or search '**NHS sleep problems every mind matters**'.



Connecting with your community

Lifestyle changes are a process that takes time and may require support – luckily there are plenty of options available to you:

- ✓ **Social prescribers** can find out what matters to you and **connect you** to local community groups and services even showing you the best **health and wellbeing apps** to access - Ask at your GP surgery or look online for more information
- ✓ **Community Connectors** and **Local Area Co-ordinators** engage with local groups and organisations, they can also help local people connect with each other via local activities
- ✓ And don't forget your **local library, connected community centre and family hub**. Safe spaces where you can access free health and lifestyle information. They also have activities running throughout the week that the whole family can enjoy



Use **Live Well Cheshire East** to link to local services, events and much more. Scan the QR code or search 'Live Well Cheshire East'.

Your lifestyle

Small changes can lead to **BIG** benefits for you and your family

Cheshire East Council working together with local NHS and care partners

