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



Green Spaces for Wellbeing

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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*



*available from www.livelongerbetter.uk (accessed 05/09/23)

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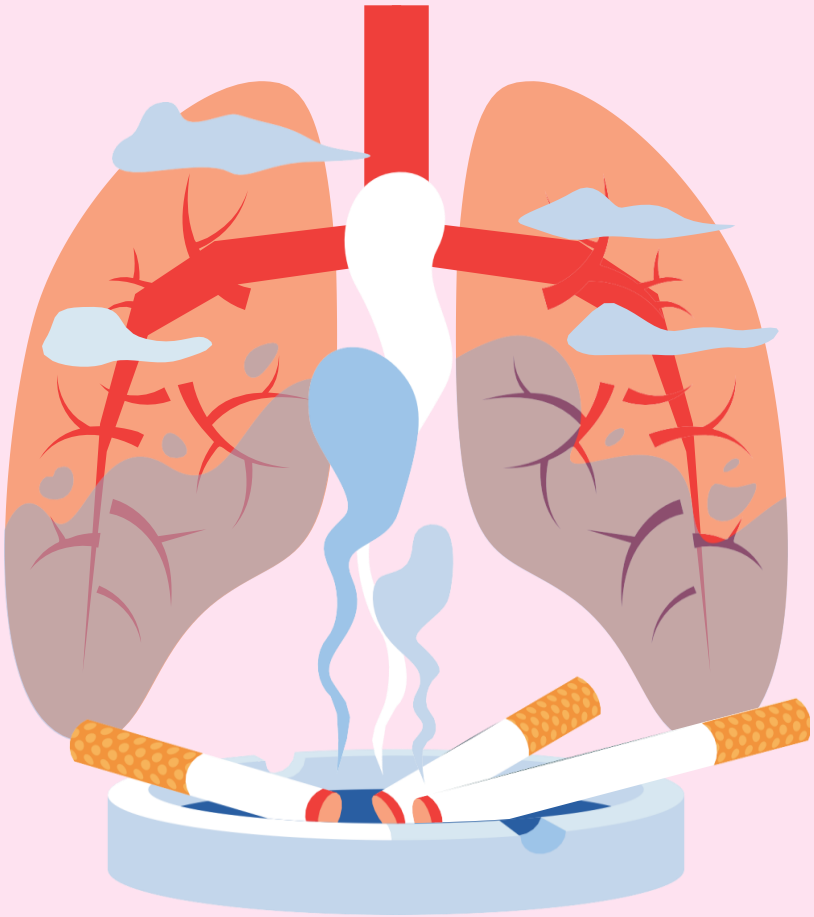
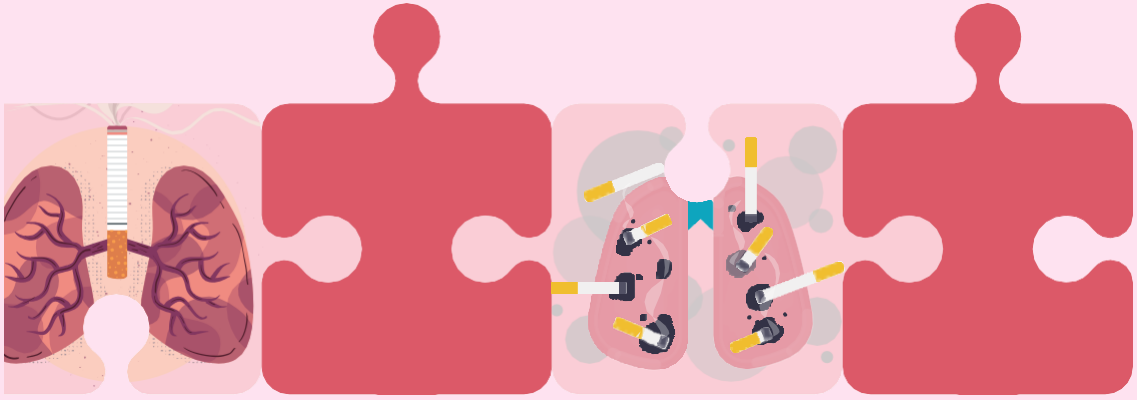
Be smoke free



- ✓ 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 to 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)





For further information on how you can fit the Five Steps to Wellbeing into your life 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 your 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 in your neighbourhood
- ✓ **Green Spaces for Wellbeing** is running across **Crewe and Macclesfield**, supporting people to get outdoors 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 so search for them online



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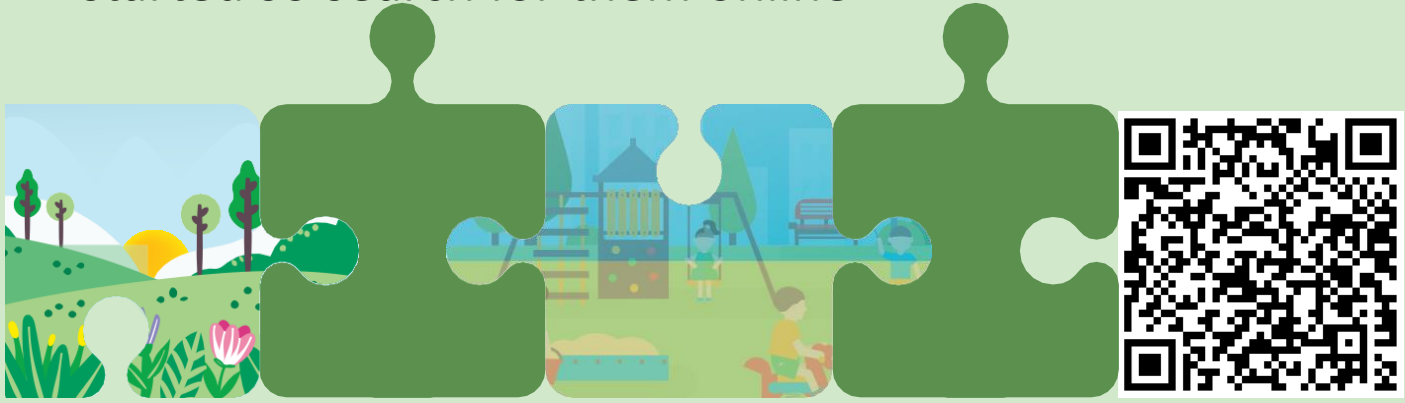

To find information on **parks, walking routes, Green Spaces for Wellbeing** and much more scan the QR code or search '**Cheshire East libraries and leisure**'.

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 '**eat well NHS**'. You can also find recipe ideas for you and your family at '**NHS healthier families**'.

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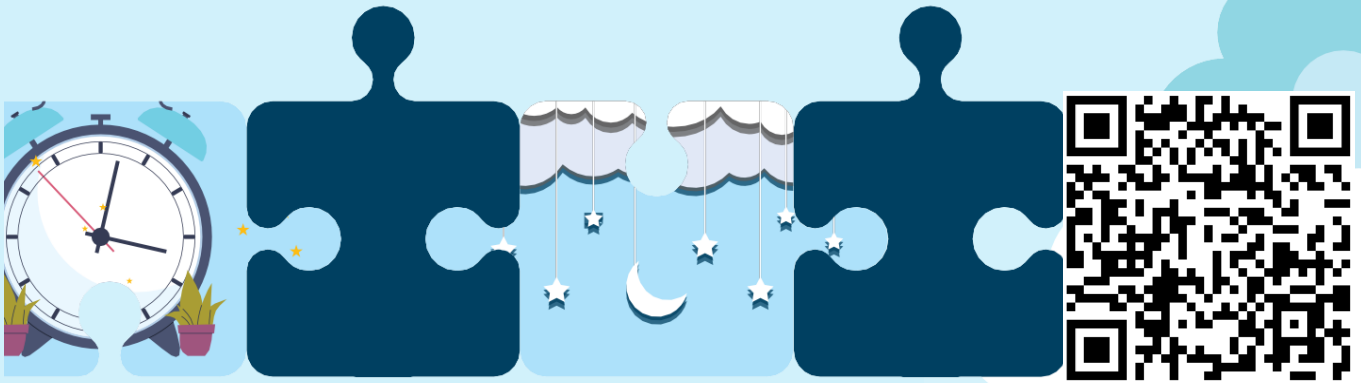
Good sleep – are you getting enough?

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 to develop good routine (sleep hygiene).

You can do this by:

- ✓ Keeping your bedroom **dark and comfy**, this is your space to unwind and relax
- ✓ **Avoid using screens** such as **mobile devices,** and/or **watching television** before going to sleep
- ✓ Try to **cut 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 online.

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