



Examples of lifestyle changes to support your physical and mental health

Major changes*

- Give up smoking
- Eat at least 5 serves of fruit and vegetables a day
- Be regularly physically active
- Consume alcohol within current recommendations

* If you make all four of these changes, they make a large impact. The combined effect of all four factors can significantly improve both quality of life and extend your life expectancy.

This is true whatever your body weight.





Reduce your long-term health risks		Reduce your risk of injury		Pregnant women
No more than...		No more than...		No alcohol
2	3	4	5	0
STANDARD DRINKS		STANDARD DRINKS		STANDARD DRINKS
Daily		On any single occasion		
and no more than 10 a week	and no more than 35 a week			There is no known safe level of alcohol use at any stage of pregnancy
And				
at least 2 alcohol-free days per week				

Minor changes can include...

- Choose higher-fibre wholegrain breads & cereal
- Try to get enough sleep
- Reduce the amount of lollies, cakes & biscuits you eat
- Make time to catch up with friends & family
- Try and eat less salt, and less fatty or fried meats
- Be kind to yourself, and try to replace any negative self-talk with a positive voice
- Eat more beans, peas, chickpeas & lentils
- Feel the sun on your skin while being sun safe
- Choose lower-fat & salt takeaway options
- Take time out to relax, de-stress, meditate
- Eat fish a couple of times a week, and a small handful of plain nuts on a few days of the week
- Reduce your screen time & get outside more often
- Drink water instead of sugar-sweetened drinks
- Join a club, pursue a hobby, engage in further learning
- Floss regularly
- Eat mindfully, slowly, and not while distracted
- Give your support to others who need it
- Set goals, make plans



Some of the benefits of making positive lifestyle changes

Changes your doctor can measure	Changes you can experience
<ul style="list-style-type: none">• Reduce your blood pressure• Improve your blood cholesterol• Better management of your blood sugar• Improve your iron levels• Improve your vitamin D levels• Improve your intake of other vitamins and minerals• Reduce inflammation• Reduce your risk of developing heart disease, various cancers, Type 2 diabetes, stroke  	<ul style="list-style-type: none">• Increase your energy levels• Improve your mood and mental health• Reduce your stress• Improve your dental health• Increase your feelings of connectedness with others• Improve your sleep quality / quantity• Improve your gut health & reduce constipation• Improve your fitness• Improve your relationship with food, and experience less anxiety around food• Improve your physical strength• Maintain or improve your stability & mobility, and reduce your risk of falling over and injuring yourself• Quicker healing of injuries & fewer colds• Improve your knowledge and skills• Have clearer skin• Increase your self-confidence & feelings of self-worth• Overall improve your quality of life