

SHARE IT

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FEEL GOOD

1

TAKE CHARGE
of your own
wellbeing

2

Lots of small life-
style changes
CAN HAVE AN
ENORMOUS
positive impact
on your life

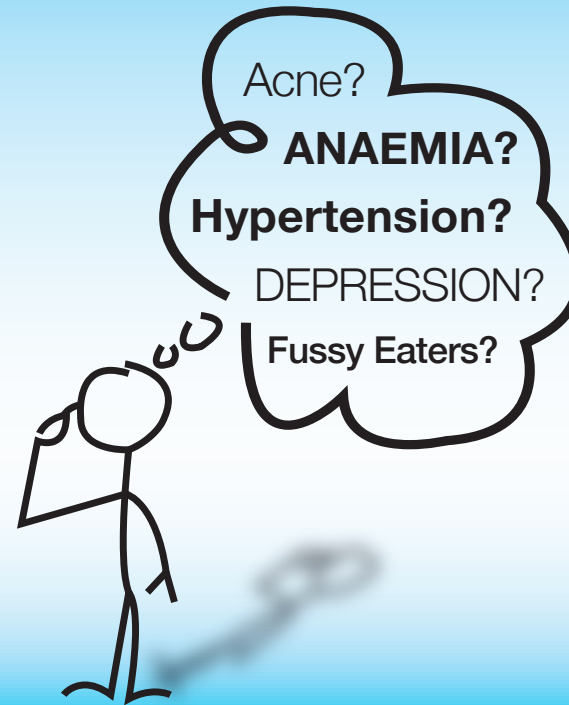
3

This brochure
provides
some ideas,
choose
a few and
try them

4

Try some-
thing, if it
doesn't work
**try some-
thing else**

offers practical information
on a wide range of common
health conditions



simple **WAYS TO
HEALTHY HABITS**



SMS HEALTH
TO 43990

and click on the link
to visit our mobi site
(standard rates apply)

Then take a **QUIZ** on your smartphone and
stand a chance to **WIN movie vouchers**

 **MED informer**
feel good. share it.

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**Practical tips for busy people
who detest self-help advice**

✓ DIET

Every good choice
is a step closer to
your goal

- I am **going to halve the amount of sugar I have in my tea and coffee**, after a few days of this I won't notice the difference anymore
- I am **going to get into the habit of drinking a glass of warm water with half a lemon** squeezed into it every morning. **For more info SMS lemon to 43990**
- I am **going to keep a bottle of water on my desk** and keep sipping from it during the day
- I am **going to drink one less unit of alcohol** from today
- I am **going to eat one extra fruit** a day
- I am **going to eat breakfast** every day
- I am **going to find some healthy snacks** like unsalted popcorn, nuts, dried fruit to nibble on
- I am **going to drink one less cup of coffee** every day
- I am **going to start flavouring my food with fresh herbs and spices** instead of salt
- I am **going to learn to make two new salad dressings** and have a salad with most meals. **Sms dressing to 43990 to receive best healthiest dressing ever**
- I am **going to make sure we eat two more home-made meals** from today
- I am **going to ensure that each of my portion sizes** is no bigger than it should be

✓ EXERCISE

You are only *one*
workout away from
a good mood

- I am **going to buy a skipping rope** and skip on the days I can't get to a gym. My goal is to skip for periods of up to 1 - 2 - 3 minutes at a time
- I am **going to find a good safe place to walk** near work or home and make time to do a brisk walk most days of the week
- I am **going to take the stairs** instead of the elevator or escalator
- I am **going to stand** when I take phone calls
- I am **going to incorporate cardio exercise** into my exercise routine at least twice a week
- I am **going to do flexibility and stretching exercises** on most days. **Sms stretch to 43990 for an easy 2 minute stretch routine**
- I am **going to** enter my **first cycle, walk, run or swim event** this year
- I am **going to join a sports club** – gym or yoga studio
- I am **going to choose a sport or exercise** activity that I like because then it will be a joy rather than a chore
- I am **going to sign up for a 10 day** intro special at a yoga studio

Please check with your healthcare professional if you are unsure about taking on any of these activities

✓ HAPPINESS

Happiness is often a choice and
choosing to be happy can positively impact on your health

- My daily walk **allows me the space to put my day/week/ life back into perspective** and provides the transition from work to home. **Sms walk to 43990 for more on this**
- I am **proactive**, if something is worrying me I stop, decide what I can do about it, put the steps in place, get them moving and then stop worrying.
- I **live in the present** - when I work I work, when I am talking to friends and family I am in the conversation, when I relax I relax.
- I am **going to stop checking my emails on my smart-phone** when I am not working
- I am **going to practice a ritual**, meditation or other way to be by myself for 20 minutes a day (walking works)
- I am **going to get a book** and write everything down that comes into my mind every morning when I wake up
- I am **going to practice deep breathing** when I feel stressed or angry
- I am **going to get enough sleep** every night
- I am **going to phone someone special** or pay someone a genuine compliment everyday
- I am **going to surround myself with people who have a positive influence** on my life
- I am **going to learn to say no** when it's appropriate
- I am **going to find a charity/community project** that can use my skills
- I am **going to determine my short, medium and long term goals** and write them down