

Lifestyle Advice and Keeping Healthy

As part of our commitment to you, please find some useful information below. Should you wish to discuss anything further, please book an appointment with one of our Nurses or GPs.

Physical Activity – Benefits of regular physical activity include a reduced risk of: heart disease, stroke, high blood pressure, bowel cancer, type 2 diabetes, breast cancer, osteoporosis, and obesity. In addition, many people feel better in themselves. Regular physical activity helps you to control your weight, and may help ease stress, anxiety, and depression. Ideally, you should do at least 30 minutes of moderate aerobic physical activity, at least five days per week.

Safe Alcohol – See your doctor or practice nurse if you are drinking heavily and are finding it difficult to cut down. This is a brief summary leaflet about alcohol. A more detailed leaflet on alcohol is also available.

Healthy Diet – A healthy diet helps to prevent, or reduce the severity of, diseases such as heart disease, stroke and diabetes. A healthy diet may also help to reduce the risk of developing some cancers. Also, a main way of combating obesity and overweight is to eat a healthy diet.

Smoking Cessation (If you smoke) – Stopping smoking can make a big difference to your health and lifestyle. It is never too late to stop smoking to greatly benefit your health. We run smoking cessation clinics, hosted by our nurses.

For further information, please visit the following websites or book an appointment with one of our clinicians.

- [Physical Activity for Health](#)