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Steps to Better Health



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



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4 Steps to better health



Eat the right food



Take regular physical activity



Give up smoking



Do not drink too much alcohol

Step 1 Healthy foods to eat



Bread, potato, pasta,
rice, breakfast cereals



Lean meat, fish, eggs, beans



Low fat milk, yoghurt,
cheese



Lots of fruit and vegetables.
At least 5 lots (portions)
a day

A portion of fruit or vegetables is...



1 banana, apple, pear,
peach or orange



1 handful of grapes



1 glass of unsweetened
fruit juice



3 tablespoons of carrots,
peas or other vegetables



1 large slice of melon or
pineapple

And there is more...



1 bowl of strawberries
or raspberries or rhubarb
or gooseberries



2 plums or kiwi fruit or
prunes or apricots or
satsumas



1 bowl of salad



1 tablespoon dried fruit like
apricots or prunes

Fruit and Vegetables can be fresh,
frozen or tinned

Remember to drink lots of fluids every day



Water – plain or flavoured



Reduced sugar squash or unsweetened fruit juice



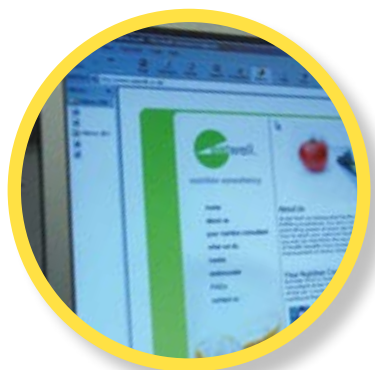
Low fat milk



Cup of tea or coffee

You need to drink about 8 to 10 glasses / cups a day

i More information



Eatwell website - www.eatwell.gov.uk

Salt website - www.salt.gov.uk

British Nutrition Foundation - www.nutrition.org.uk

5 a day website - www.5aday.nhs.uk

British Heart Foundation - www.bhf.org.uk

British Dietetic Association - www.bdaweightwise.com

Step 2 Take regular exercise



Walking



Cycling



Walking up stairs



Swimming

And there is more...



Horse riding



Gardening



Dancing



Walking to the shops

More information



Your local Library



Your local newspaper



Your local council website



Your local leisure centre

More information



Forestry Commission Wales - www.forestry.gov.uk/wales

Sports Council for Wales - www.sports-council-wales.co.uk

Urbanwalks - www.urbanwalks.co.uk/wales

Walking the Way to Health Wales - www.ww2h.org.uk

Yoga in Wales - www.yogainwales.co.uk

Find a Sport Buddy - www.findasportbuddy.co.uk

Step 3 Give up smoking



Think of reasons to stop smoking



Set a date to stop



Ask your friends or family to help you



Ask your GP or Community Pharmacist for Nicotine Replacement Therapy which can help withdrawal symptoms

i You don't have to rely on willpower alone...



Contact Smokers Helpline
Wales for a free booklet
called Stopping Smoking
Made Easier

0800 169 0 169



Contact Stop Smoking Wales
for one-to-one or group
support

0800 085 2219



www.stopsmokingwales.com

www.ash.org.uk

www.stub.org.uk

Don't worry if your attempt isn't successful -
don't give up giving up!

Step 4 Not too much alcohol



Small amounts like 1-2 units a day can be good for you



Aim to have 1 or 2 alcohol free days a week



You can have up to 21 units a week if you are a man but no more than 3-4 units per day



You can have up to 14 units a week if you are a woman but no more than 2-3 units per day

A typical unit of alcohol can vary depending on its strength and how large the measure is...



1 standard glass of wine
(175ml)

2 units



1 small single measure of
whisky or gin or rum or
brandy (35ml)

1 unit



1 pint of beer 2-3 units

1 pint of lager 2-3 units

1 pint of cider 3-4 units



For more information
contact

www.alcoholconcern.org.uk

+ More Ideas to keep you healthy



Look after your teeth



Use lots of sunscreen (at least factor 15) if you go out in the sun



Keep your room or office clean and tidy



Eat different foods each day



But most of all... smile and have fun

Contact details



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For more publications call
0845 606 4050



www.wales.gov.uk/healthchallenge

