

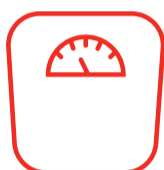


7 Steps to Wellbeing



1. Eat a Balanced Diet

Aim to eat a variety of different foods in correct portions.



2. Maintain a Healthy Weight

Being overweight can lead to a build-up of a fatty material in your arteries increasing your risk of high blood pressure and cholesterol.



3. Keep Physically Active

Adults should aim for 150 minutes of moderate activity/ 75 minutes of vigorous activity per week + strength training twice per week.



4. Moderate Your Alcohol Intake

Drink no more than 14 units of alcohol each week with several alcohol-free days. Don't binge drink.



5. Stop Smoking

Nicotine acts as a sedative on the brain reducing anxieties but also releases adrenaline which increases your heart rate, breathing and blood pressure, increasing the risk of chest, heart and stroke illnesses.



6. Manage Your Stress Levels

Stress can lead to high blood pressure, weight gain and an increased risk of heart attacks and strokes. Use positive coping strategies like breathing techniques and meditation.



7. Get Enough Sleep

Sleep boosts immunity, supports brain function, reduces the risk of diabetes and improves cardiovascular health.

For more information on health and wellbeing, visit www.nichs.org.uk