

How to make healthy lifestyle choices

If you would like support to help you achieve a healthy lifestyle, we can help!



Get active

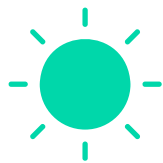
It is recommended to exercise for at least 150 minutes per week.

Regular exercise can extend your lifespan and prevent lifestyle diseases such as diabetes and heart disease



Eat well

Small, healthy changes can decrease your risk of developing type 2 diabetes and cardiovascular diseases



Improve your wellbeing

Finding ways to improve your happiness and reduce your anxiety and stress levels, can improve your mood as well as extend your lifespan!



Stop smoking

Smoking increases your risk of developing heart disease and stroke. Within 24 hours of quitting your chances of having a heart attack start to decrease



Maintain a healthy weight

Maintaining a healthy weight is important for physical health and wellbeing. Carrying extra weight can put pressure on your body!

We can support you with these things!

Our Health Improvement Practitioners offer a range of one to one support:

**Action On Diabetes - Eat Well
with Healthworks - Get Active
- Path to Wellbeing - Stop
Smoking Support**

If you would like support with any of these:

Call us: 0191 272 4244

Visit: www.healthworksnewcastle.org.uk



Healthworks
the community health charity