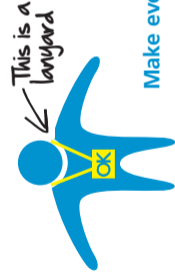
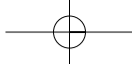


It's **OK** to ask



Make every contact count



ASK: Are you happy with your lifestyle? Would you like help with:

Campaign developed by NHS Midlands and East

	ADVISE	READY TO CHANGE?
STOPPING SMOKING?	Stopping smoking is the best thing you can do. You are 4 times more likely to quit if you use NHS Stop Smoking Services.	Make a referral or signpost to local service. Give out information leaflet.
ALCOHOL INTAKE?	Aim to drink no more than 2-3 units a day if you are female or 3-4 units a day if you're male. Have at least 2 alcohol free days per week.	
BEING ACTIVE?	Aim for at least 150 minutes of moderate exercise a week – 30 minutes 5 times a week – so your heart rate increases. Build up exercise slowly.	Signpost to local service or www.nhs.uk/change4life . Give out information leaflet.
EATING WELL?	Aim for 5 portions of fruit and veg per day (fresh, frozen, tinned or dried). Reduce salt, sugar and fat intake.	

REMEMBER: If a person is not ready or unsure about changing, tell them where they can go for support if they change their mind or would like to discuss their lifestyle further.

**Make Every
Contact Count**

