

Super Man

Make your personal health pledge

Use this pledge to decide what area of your lifestyle you want to focus on and set a personal target.

Name: _____

Address: _____

Postcode: _____

Contact details: _____

I would like to make the following improvement to my lifestyle:
(please tick)

Lose weight: **Eat more healthy:**

Exercise more: **Stop or cut down smoking:**

Drink less alcohol:

My personal aim is to: _____

I will do this by (date): _____

If you want help to achieve your goal, speak to your doctor or call a health trainer on 0161 655 1739.

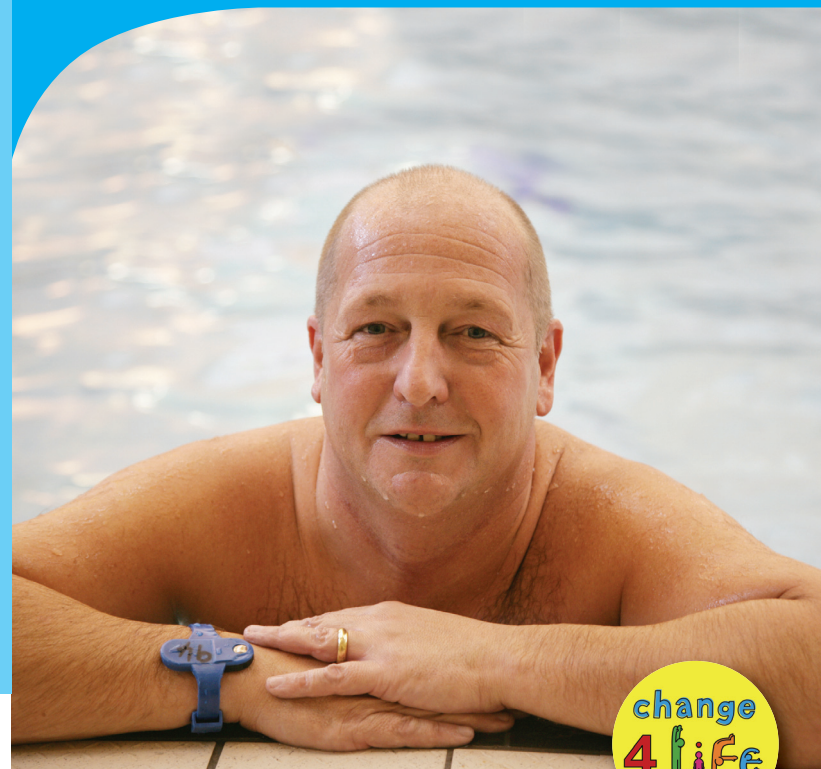


www.doyoufeelgood.org

do you feel good? 

Super Man

Make some small changes and you can lead a longer, healthier life.



www.doyoufeelgood.org

Beer belly

Like a drink? Here are some reasons why you should cut down:

Bad sex - Alcohol impairs the body's ability to pump blood around the body - including your penis.

Bad decisions - Alcohol reduces coordination and impairs judgement which means you are far more likely to have an accident. In the Rochdale Borough, a massive 838 stints in hospital were related to alcohol last year.

Bad breathing - If you drink too quickly, your body can't deal with the toxins you're chucking at it, so you can suffer respiratory failure, coma and death.

Bad colds - Drinking strips your body of Vitamin C, making you more exposed to viruses.

Bad vibes - Aside from the physical effects of drinking heavily, there are emotional outcomes. You'll suffer from mood swings and those around you won't like it or you.

Bad hangover - When you drink heavily, you don't sleep well because your body is so busy removing the alcohol and associated toxins from your body. That's one of the reasons you feel terrible the next day. Leave at least 48 hours for your body to recover after a session.

Bad body - Continued drinking of large quantities of alcohol can also lead to stomach ulcers, liver disease, brain damage, cancer, as well as the dreaded beer belly.



One pint of beer or cider = **3 units**



Bottle of lager = **1.5 units**



A small glass (125ml) of wine = **1.5 units**



A single measure of spirits (e.g. whisky, vodka, rum or gin) = **1 unit**

How much alcohol do you drink?

If you want some help to manage your alcohol intake, are concerned about a friend or just need some advice on how much is safe for you to drink, call 01706 860033 or visit www.units.nhs.uk.

Don't be a drag



Smoking can seriously affect your fertility levels and increase your risk of impotence. Even if you've been smoking for years it's not too late to quit and stop putting your health and your life at risk.

If you want to quit speak to the local stop smoking service (TASK) on 01706 708000.

Getting help to quit smoking means you are four times more likely to succeed, so if nothing's worked for you, give them a call. Why not team up with a friend and support each other to quit together!

The team can also help you to make your home and car Smoke Free, helping you to quit and creating a safer environment for you and your family.



Welter weight

26.1% of adults in the Rochdale Borough are obese.

Apart from medical conditions, the main reason adults struggle to manage their weight is because they lead hectic lives, eat the wrong foods and drink too much alcohol.

Tips for controlling your weight:

- ✓ Watch your portion size. If you pile food onto your plate you're more likely to eat it all, so opt for smaller portions instead
- ✓ Avoid drinking too much alcohol as it's packed with calories
- ✓ Swap high calorie snacks for more nutritious options like fruit
- ✓ Ditch sugary drinks for water
- ✓ Be a role model for your family and lead by example
- ✓ Choose a realistic goal weight to work towards
- ✓ Weigh yourself once a week or keep a record of your waist measurement so that you can monitor your weight loss. Aim for a healthy weight loss of 1-2 pounds a week
- ✓ Don't skip meals - eat three times a day including breakfast
- ✓ Planning food and drink in advance helps you to keep tabs on your calorie and nutritional intake



Eat well

After a hard day's graft, it's really easy to get home, stick a dinner in the microwave and sit in front of the telly all night. But your body definitely won't thank you for it. As well as keeping your weight down, you need to eat healthily to keep your body in working order.

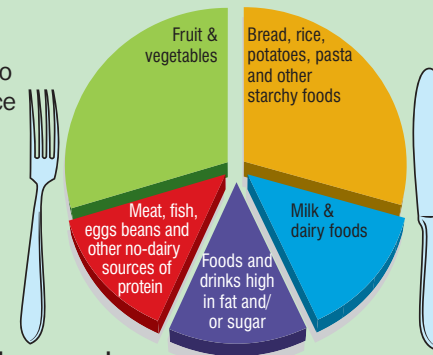
You should try to:

- ✓ Eat five portions of fruit and veg every day
- ✓ Eat at least two portions of fish per week, one of which should be oily like mackerel
- ✓ Cut down on saturated fats in processed meats, butter and pies, to help control cholesterol levels
- ✓ Reduce your salt intake by avoiding processed ready made foods and not adding it to food at the table. This will help to control your blood pressure

SALT
OTILI

The eatwell plate

Use the eat well plate to help you get the balance right, as it shows how much you should eat from each food group.



Being overweight or obese can be embarrassing and really affect your confidence but help is available. NHS Heywood, Middleton and Rochdale has a weight management scheme where obese adults can receive a set of vouchers to attend Slimming World or Weight Watchers sessions for free.

Ask your local doctor for details.

Mr Muscle

Regular exercise can decrease your risk of impotence by 14%! It's also a great way to relieve stress and improve your mood, so start now!

Aim to exercise for 30 minutes five times per week. It doesn't have to all be in one go, break it down into shorter chunks of time if that fits your lifestyle better.

As well as making you feel better, exercise will help to shift that beer belly and decrease your risk of developing diabetes and heart disease.

There are loads of ways to get active locally. For a full list of local clubs and activities, visit www.link4life.org or call 01706 926203.

Alternatively, if you want more help and advice to get active, call the exercise referral team on 01706 517624



Why not try one of the relaxing health walks available across the borough? There is a walk to suit varying levels of fitness and as well as keeping you moving, it's a chance to meet new people.

Find out more by calling our health walks co-ordinator on: 01706 517611.



Mind matters

It's not just women that need to talk about their feelings, it's ok for men to do it too. You might think this it's not very manly but dealing with your emotions is a really important part of looking after your mental health. Men tend to bottle up their feelings but the reality is that one in four of us will have some sort of mental health problem in our life. This means there are millions of people in Britain who are either encountering problems themselves or know someone else who is experiencing them.

If you are feeling stressed, depressed or are trying to cope with a death, it can really take its toll on your emotions and affect your outlook on life.



If you've got something on your chest, don't keep it in. Speak to a friend or loved one you can trust. If you'd rather speak to somebody you don't know, contact Rochdale Mind on 01706 345264.

