

# Wonder woman

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:**

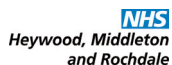
**Stop or cut down smoking:**

**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](http://www.doyoufeelgood.org)

do you feel  
good? 

# Wonder woman

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



[www.doyoufeelgood.org](http://www.doyoufeelgood.org)

## Just the one glass...

Think about it. How often do you have a drink and end up finishing a bottle of wine, or how much do you guzzle when you stay in on a Saturday night? If you regularly drink more than the recommended amount, you're putting yourself at serious risk of developing health problems like heart disease.

**Women shouldn't regularly drink more than 2 or 3 units in one day. How many alcohol units do you drink in a week? At home, you also need to think about your drink measures... filling up the massive wine glass isn't 1.5 units! Make sure you have some alcohol free days every week**



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 many alcohol units do you drink in a week?

As well as putting your health at risk, getting wasted puts your safety at risk too. When you're drunk your senses and logic are compromised, meaning you might make decisions you would later regret or end up in a more serious situation that you can't control.

**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](http://www.units.nhs.uk).**

## Butt it out!

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 has worked for you, give them a call. Why not rope in a friend and quit together? Supporting each other really makes a difference.**



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.

**Smoking during pregnancy can cause serious problems including complications during labour, increased risk of miscarriage, premature birth and even stillbirth.**

Many women quit smoking during pregnancy and go on to stay Smoke Free after their baby is born. If you are still trying to conceive, making a Smoke Free pledge could also improve your fertility.



**Call the NHS Pregnancy Smoking Helpline on 0800 169 9169 for help and support.**

# Weigh it up

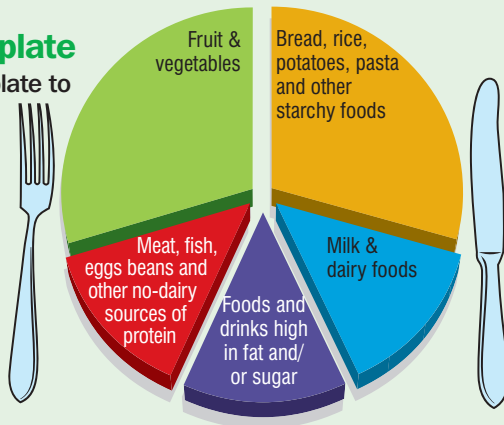
Fat, thin, tall, short. Women are all different shapes and sizes so you need to find out what is your ideal weight for your height, by asking your local doctor. Make sure you're eating the right foods, which will not only help with your weight but also keep your body in top condition.

## Tips for controlling your weight:

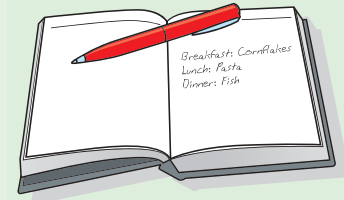
- ✔ Don't go on faddy diets to lose weight, aim for a more balanced diet
- ✔ Aim to eat at least five portions of fruit and veg per day
- ✔ Eat iron-rich foods like red meat, pulses and dried fruit to help prevent anaemia
- ✔ Beware of calories from alcohol
- ✔ Don't skip meals, try to eat at least three times per day
- ✔ Control your portion sizes
- ✔ Eat folate-rich foods like green leafy veg and fortified bread if you are pregnant or trying

## The eatwell plate

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

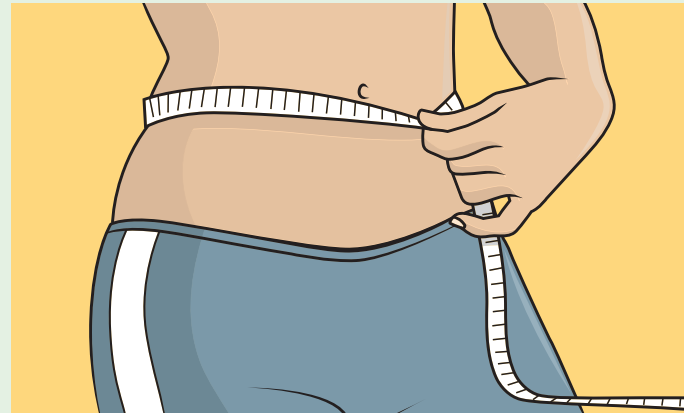


A good way to keep tabs on what you're eating is to keep a food diary. Try it for a week, noting down the amounts of different foods and drinks you have.



It will help you to see your usual habits and what you might want to change.

The recommended daily allowance of calories for women is 2,000. If you regularly exceed or go below this, your weight may be at risk.



**Being overweight or obese can be embarrassing and 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.

## I'm too busy to exercise!

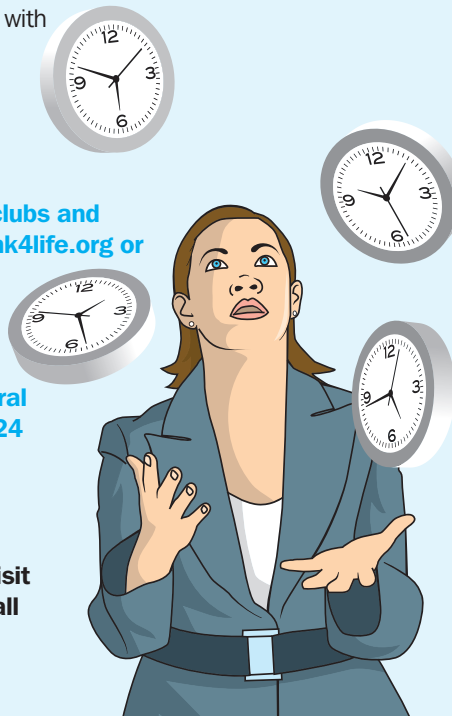
These days women juggle everything from the kids, to work, to cleaning, leaving little time to look after themselves. But if you take time out for regular exercise you'll see a massive difference to your stress levels and improvement to your mood, plus you'll look great too!

### Try to do at least 30 minutes of exercise, five times per week.

There's no need to do it all at once – break it up into bite size chunks. Physical activity will help you to get fit and maintain a healthy weight. It also reduces the risk of osteoporosis (a disease that weakens the bones) and arthritis in later life. Anything that gets your heart rate pumping is great. Join a keep fit class and meet new friends. Housework even counts - so you can kill two birds with one stone!

For a full list of local clubs and activities, visit [www.link4life.org](http://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

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## Being breast aware

Being breast aware means familiarising yourself with your breasts and the changes they go through during your life. You should know how your breasts look and feel normally so that you can pick up any changes quickly.

### The breast awareness 5-point code

1. Know what is normal for you.
2. Know what changes to look and feel for.
3. Look and feel.
4. Report any changes to your GP without delay.
5. Attend for routine breast screening - locally, you will be invited for routine check-ups from 47 every three years.

### Changes to be aware of

- **Size**  
If one breast becomes larger, or lower
- **Nipples**  
If a nipple becomes inverted (pulled in) or changes position or shape
- **Rashes**  
On or around the nipple
- **Discharge**  
From one or both nipples
- **Skin changes**  
Puckering or dimpling
- **Swelling**  
Under the armpit or around the collarbone (where the lymph nodes are)
- **Pain**  
Continuous, in one part of the breast or armpit
- **Lump or thickening**  
Different to the rest of the breast tissue.

If you are concerned about breast cancer or have any of these symptoms, make sure you speak to your doctor.

