

# WISE UP

## 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.

  
Heywood, Middleton  
and Rochdale

Link4Life

 **ROCHDALE**  
METROPOLITAN BOROUGH  
COUNCIL

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

do you feel   
good?

# WISE UP

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



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

# BINGE DRINKING

Binge drinking is when a large amount of alcohol is drunk within a short space of time. Alcohol is measured in units. Women shouldn't regularly drink more than 2 to 3 units in one day, and for men it's 3 to 4. But that's for adults. If you are under 18 the law says you shouldn't buy alcohol but young people still do.

## Drinking too much alcohol isn't a good idea because:

- ✗ It can give you heart and liver problems.
- ✗ It makes your skin bad.
- ✗ You're more likely to injure yourself because you're not in control.
- ✗ Your judgement is impaired so you might end up doing something you regret.
- ✗ It can change your mood so you might end up falling out with your mates.

*Binge  
Drinking*



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 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 OUT

If you or your mates smoke, now is the time to stop. The younger a person starts smoking, the more likely they are to die because of it.

**50% of teenagers who carry on smoking will die in their 40's or 50's.**

There's loads of support available to help you quit. For free confidential advice, contact the local stop smoking service (TASK) on 0161 655 1581.

You can also speak to your school nurse or join the local peer support scheme where young people work together to help each other to stop smoking.

**Smoking causes cancer and can kill you. It uses up all of your money, makes your breath stink and your teeth rot – and that's NOT sexy! Get help now to quit or don't start in the first place!**



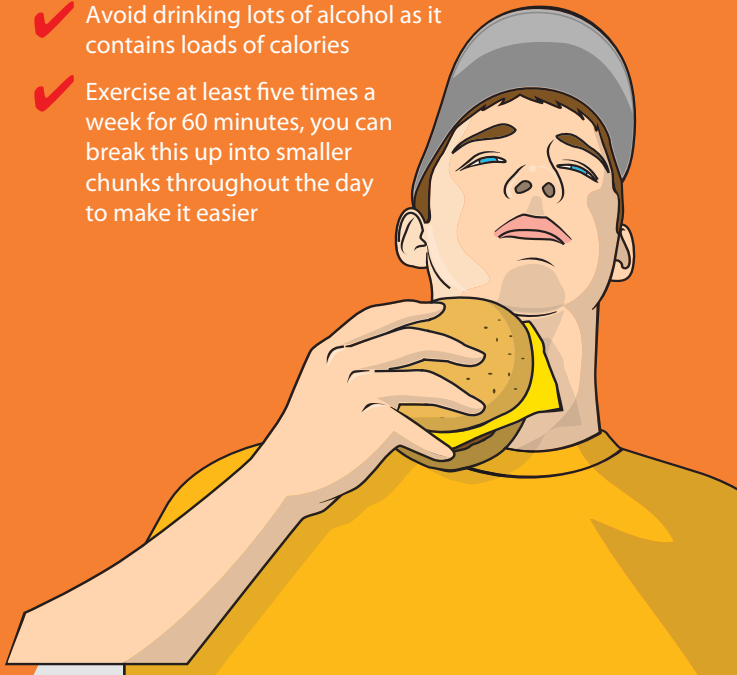
# WEIGHING UP ISSUES

Weight can be a big issue when you're growing up. There's loads of pressure on young people to look a certain way but on the other hand, there's junk food shops on every street corner so you can binge on unhealthy burgers and fries.



## Make sure you have a healthy weight by:

- ✓ Eating breakfast every day to give you the start you need to the day
- ✓ Don't skip meals - it won't help you to lose weight
- ✓ Eat take-aways and junk food only as an occasional treat
- ✓ Avoid drinking lots of alcohol as it contains loads of calories
- ✓ Exercise at least five times a week for 60 minutes, you can break this up into smaller chunks throughout the day to make it easier

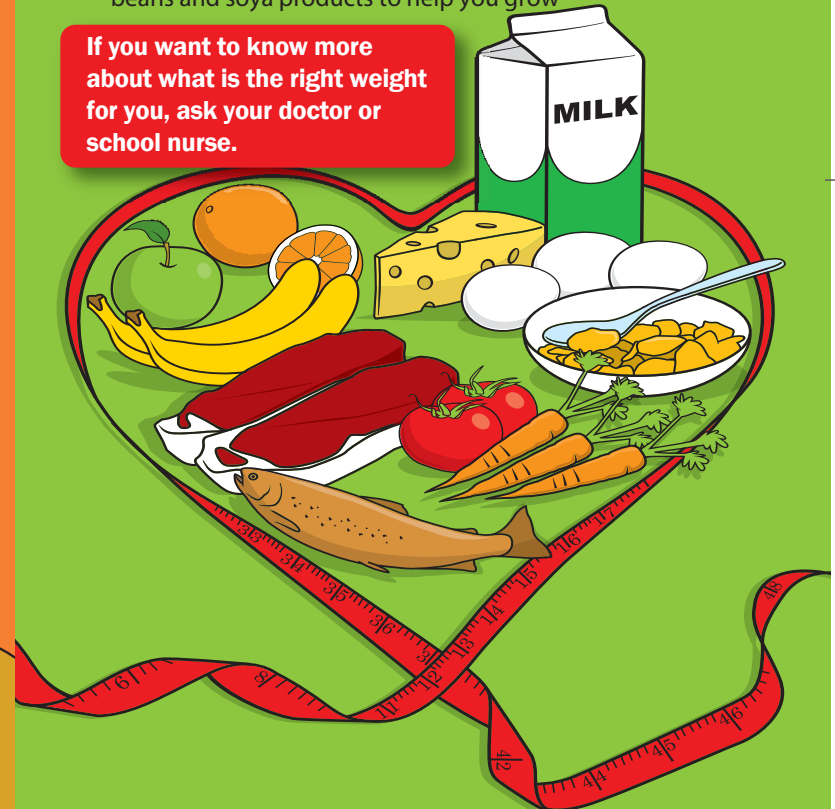


# EAT RIGHT

Eating the right foods will keep you healthy, strong and ready for anything.

- ✓ Aim to eat at least five portions of fruit and veg every day
- ✓ Eat plenty of calcium-rich foods like dairy and milk for strong bones
- ✓ Watch how many high fat and sugary snacks you eat, as well as sugary drinks and fast food
- ✓ Eat plenty of protein from foods like meat and fish, or beans and soya products to help you grow

If you want to know more about what is the right weight for you, ask your doctor or school nurse.



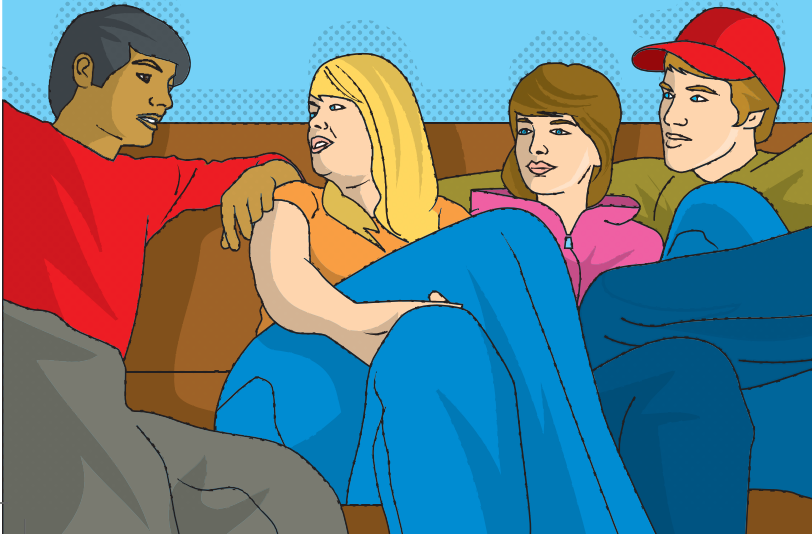
## TAKE PART

**As well as keeping you in shape, exercising has loads of benefits.**

- ✓ It helps you to sleep better and improves concentration so you can perform better in school and college
- ✓ Increases endurance, strength and flexibility
- ✓ Puts you in a happier mood, helping you to deal with your hormones and emotions
- ✓ You can make loads of new mates by trying different activities

**Whether it's a kick about with your mates or doing a dance routine, make sure you take part, get active and reap the rewards!**

Find out what clubs and activities are available locally by contacting Link4Life on 01706 924840 or visiting [www.link4life.org](http://www.link4life.org).



## SEX TALK

Using condoms will also help to stop you from getting pregnant. More than 200 girls under 18 in Heywood, Middleton and Rochdale became pregnant last year so make sure it doesn't happen to you.

Reduce your chances of getting a Sexually Transmitted Infection (STI) by using condoms.



**Chlamydia is invisible**  
**Chlamydia is serious**  
**Chlamydia is easily spread**



More than 1 in 10 young people tested in Greater Manchester have been found to have Chlamydia. Chlamydia and Gonorrhoea are sexually transmitted infections (STI) which can cause infertility. Young people in the Rochdale Borough can now test for Chlamydia and Gonorrhoea in the privacy of their own home by requesting kits via text message. You should take a test once a year.

**It's easy to get your testing kit, just text "TEST" followed by your name and address to 84010.**

To speak to somebody about sexual health call 01706 261954 or visit [www.ruclear.co.uk](http://www.ruclear.co.uk)