

HOW ARE YOU? FREE Healthy Lifestyle advice during COVID-19



Key message	Thoughts	Support & Services
<p>BE SMOKE FREE <i>Stopping is the best thing you can do for your health. It's never too late to quit – it will improve your health straight away. Smokers are at increased risks from covid-19.</i></p>	<ul style="list-style-type: none"> ✓ Smokers who get Covid-19 are more likely to suffer from a serious respiratory infection than non-smokers ✓ You are more likely to quit with support ✓ Socially-distanced telephone-based support is offered ✓ Nicotine replacement options available ✓ Vaping as alternative 	<ul style="list-style-type: none"> ➤ Healthy Lifestyles - Health Trainers ➤ GP can help or refer ➤ Many community pharmacies provide the service ➤ Quit for Covid campaign ➤ NHS One You ➤ Today is the day ➤ NHS smokefree
<p>MOVE MORE <i>Getting enough exercise means being stronger and fitter, plus it's good for the mind and body. Strength & balance exercises can help reduce the risk of falls</i></p>	<ul style="list-style-type: none"> ✓ 30 mins x 5 days guidance ✓ Active for Life opportunities ✓ Health Walks Programme ✓ Apps- e.g. couch to 5k ✓ Risk of falls increases as we age 	<ul style="list-style-type: none"> ➤ Healthy Lifestyles - Active for Life ➤ Albion in the Community ➤ Reduce risk of falls ➤ Healthwalks Spring Lockdown Walking Challenge on Facebook or WhatsApp ➤ NHS One You ➤ Get Up & Go, common sense advice about preventing falls
<p>EAT WELL <i>A healthy diet can help you look & feel great and it can stop you gaining weight. Reducing salt and sugar is a good start. Cutting out sugary food & drinks will prevent tooth decay</i></p>	<ul style="list-style-type: none"> ✓ 5 a day ✓ Portion size / eat well guide ✓ Reducing salt & sugar ✓ Food diaries ✓ Check your BMI (body mass index) ✓ Brush teeth twice a day 	<ul style="list-style-type: none"> ➤ Healthy Lifestyles - Health Trainers ➤ B&H Food Partnership for free & low-cost food ➤ Oral Health Promotion ➤ Weight management support ➤ NHS One You
<p>DRINK LESS <i>Less alcohol is better for your health. It can boost energy levels, improve your immune system & sleep quality</i></p>	<ul style="list-style-type: none"> ✓ Max. 14 units a week ✓ Min. 2 alcohol free days a week ✓ Complete alcohol self-test ✓ Use a drink diary / drink free days app ✓ Consider calorie content & strength – ABV ✓ Pregnant & under 18s to avoid all alcohol 	<ul style="list-style-type: none"> ➤ Local services (Brighton & Hove Recovery Service, ruok?, Back on Track) ➤ Information and advice on alcohol during the coronavirus ➤ NHS One You
<p>HAVE HEALTHIER RELATIONSHIPS <i>Looking after your sexual</i></p>	<ul style="list-style-type: none"> ➤ Don't have sex with people outside your household ➤ Use condoms / femidoms 	<ul style="list-style-type: none"> ➤ Local services (SHAC, THT) ➤ Online STI & HIV self-tests ➤ GP / Pharmacy

<p><i>health is important. Safer sex includes consensual sex, as well as protected sex.</i></p>	<ul style="list-style-type: none"> ➤ Get tested to know your status (STIs & HIV) ➤ Find out about LARC (long acting reversible contraception) 	<ul style="list-style-type: none"> ➤ NHS One You
<p>CHECK YOURSELF <i>Checking your body's most important systems are all running smoothly is a great place to start. A health check is a great way to get a health MOT</i></p>	<ul style="list-style-type: none"> ✓ One You Health Check online ✓ Check your BMI (body mass index) ✓ Self check for changes – e.g. moles; breast lumps /changes; testicles - lumps. ✓ Be aware of persistent unexplained symptoms 	<ul style="list-style-type: none"> ➤ GP ➤ NHS Health check ➤ Healthy Lifestyles - Health Trainers ➤ Albion in the Community Speak up against cancer ➤ Speak Up Against Cancer, signs and symptoms campaign ➤ NHS One You
<p>STRESS LESS <i>Relaxing helps you feel good and function well. Getting stress under control can help you feel better about yourself. It's good to talk – never suffer in silence</i></p>	<ul style="list-style-type: none"> ✓ 5 ways to well-being ✓ Sleep routine ✓ Increasing physical activity ✓ Anxiety & stress understanding & management ✓ Mindfulness & meditation 	<ul style="list-style-type: none"> ➤ GP ➤ Brighton & Hove Well-being Service ➤ Local services ➤ NHS One You
<p>SLEEP BETTER <i>It's important to get a good night's sleep. It allows your mind to relax, improving mental and emotional well-being</i></p>	<ul style="list-style-type: none"> ✓ Explore the causes of poor sleep ✓ Digital detox in the evening ✓ Limit caffeine & alcohol ✓ Quality over quantity ✓ Talk to a GP initially for more information & support 	<ul style="list-style-type: none"> ➤ GP ➤ NHS One You
<p>CONNECT MORE <i>Many people are struggling with loneliness & social isolation, especially older people, it can have a serious effect on health</i></p>	<ul style="list-style-type: none"> ✓ Speak with friends / family over the phone or online 	<ul style="list-style-type: none"> ➤ Ageing Well ➤ Befriending

More information about staying healthy during COVID-19 can be found [here](#)

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