Body Mass Index (BMI) Ranges

- **Very overweight**: BMI 30+
- **Overweight**: BMI 25-29.9
- **Healthy**: BMI 18.5-24.9
- **Underweight**: BMI less than 18.5

**Notes**

- Blood Pressure:
- Height:
- Weight:
- B.M.I:
- Results:

**Health Checks**

www.nhs.uk/nhshealthcheck

Kidney disease

Diabetes

Heart disease

Stroke
Healthy Weight

- Checking your BMI is useful to help you decide if you need to reduce your weight.
- A healthy weight requires a balance between healthy eating, portion size and regular physical activity.
- A modest amount of weight loss of 5% to 10% can be very beneficial to health.
- Gradual weight loss is recommended – avoid quick fixes, and aim for 1/2 or 1 kg each week.
- Physical activity should always be part of a weight management plan.
- Change your behaviour - look for ways to avoid over eating when you are bored, stressed or lack time.
- Healthy weight in women of childbearing age (16 to 44) is particularly important – being overweight or obese can lead to increased risk of complications both during pregnancy and in child birth for both mum and baby.

5 Top Tips
- Plan your food shopping, make lists and have a budget.
- Remember that alcoholic drinks are high in calories too.
- Don’t miss meals – you may be tempted to overeat later in the day – try and eat a breakfast.
- Increase your physical activity.
- Smaller plates can be helpful in portion control.

Remember to consult your GP if you are embarking on a diet and physical activity programme.

Healthy Eating

A healthy diet is made up of foods from 5 different groups:
- Fruits and vegetables (5-a-day)
- Starchy foods known as carbohydrates (bread, rice and cereals)
- Proteins (meat, fish, eggs and beans) also alternatives such as quorn, tofu and soya
- Milk and dairy products
- Fatty and sugary foods

- Reduce salt intake to approximately 6gms (about a teaspoonful)
- Fatty and sugary foods should be eaten in small amounts – maybe as a ‘treat.’
- Reduce intake of high fat snacks, takeaways and processed foods, remember fruit and vegetables make good snacks.

5 Top Tips
- Base your meals on starchy foods, vegetables and fruit.
- Eat more fish – including at least one portion of oily fish each week.
- Cut down on saturated fat and sugar.
- Try to eat less salt – no more than 6 grams (about a teaspoonful) a day.
- Get active and try to be a healthy weight.

Note: some people may need additional dietary advice due to certain conditions.

Stopping Smoking

- Stopping smoking is the single biggest change a person can make to improve their health – for any age – it’s never too late!
- You are four times more likely to quit if you get help from NHS stop smoking Service (Department of Health/Smokefree).
- Practitioners should speak to people who are not ready to stop completely to encourage them to try to reduce the amount smoked.

Contact SUPPORT NHS Sefton Stop Smoking Service by calling Healthy Sefton on 0300 100 1000

5 Top Tips
- Think of the benefits for you if you stop smoking – your health and your finances.
- If you have tried before to quit take a minute to reflect on what went well and what were the pitfalls – this will help future plans.
- Remember you are four times more likely to be successful quitting if you join NHS Sefton Stop Smoking Service and you are always welcome back.
- What can you do to replace cigarettes in your day to day life? Think about hobbies, being more active and keeping yourself occupied.
- Learn some stress management and relaxation techniques – take it a day at a time and be pleased with your attempt.

Mental Health and Well-being

- At some point in our lives we will suffer poor mental health or know someone close who is experiencing problems – it’s important to recognise this and seek help and support.
- A healthy lifestyle is important in maintaining good mental health. Physical activity, a healthy diet, adequate sleep, sensible drinking and not smoking will all help.
- Try to build up your resilience, know your own stress triggers, develop your skills to manage life’s ups and downs.

5 Top Tips
- Connect (stay in touch with friends and family – make that phone call).
- Be active (walking is a great way to be active – get out in the fresh air).
- Keep learning (sign up for a night school class, dance class or learn a skill).
- Take notice (recognise what’s around you – use your local beauty spots).
- Give (volunteer in your local community – offer your time and make a difference).

Following the 5 ways to wellbeing can add 7.5 years to your life!

Physical Activity

Adults should aim to be moderately active for a minimum of 30 minutes on 5 (or more) days of the week, 30 minutes continuous activity is best and can be worked towards i.e. 3x10 minutes or 2x15 minutes.

- ‘Moderate’ describes an activity that makes you feel warmer and have a slightly raised heart rate. (You should still be able to talk during the activity)
- Brisk walking is a great way to be active, and swimming, cycling, dancing and gardening and housework are all other great ways of keeping active.
- Everyone should aim to start where they are and build up their activity levels in a way that suits them – every bit helps.
- Children (aged 5-18) should be moderately active for a minimum of one hour everyday.

5 Top Tips
- Take a few lunchtime walks in your week.
- Walk or ride to local shops and to visit friends and family.
- Get stuck into housework, gardening or wash the car.
- Get off the bus a stop earlier and walk the rest of the way.
- Try a step-o-meter to help motivate you to increase your daily steps.

NB: Certain people with health conditions should be advised to check with their GP before taking exercise.

Alcohol

- Men should not regularly drink more than 3 to 4 units a day.
- Women should not regularly drink more than 2 to 3 units a day.
- People who drink regularly should aim to have one or two alcohol free days each week.
- Binge drinking is defined as women who drink 6 units and men who drink 8 units or more in one session.
- Following an episode of heavy drinking you should abstain for 48 hours to give your body time to recover.
- More people now drink at home and as a result may underestimate the number of units poured.

5 Top Tips
- If you intend to drink, fill up on water throughout the day and then before you go to sleep.
- Don’t start drinking at home before a night out.
- Alcohol can make you vulnerable – plan how you get home safely.
- Try to reduce the number of days you drink alcohol.
- Count your units whilst you are drinking – stay in control.