



# HOW ARE YOU?

Modern life can make it hard to be healthy. Whether we are eating the wrong things, drinking more than we should, continuing to smoke or not being active enough, all of these things add up.

The lifestyle choices we make today can decrease our risk of serious illnesses like type 2 diabetes, heart disease and cancer.

Making small changes now can improve your health straight away and double your chances of staying healthy as you get older. It's never too late to start.



## EAT WELL

**A healthy diet can stop you gaining weight and help you look and feel great.**

You can start today with our free Easy Meals app. Download it to find lots of delicious, easy meal ideas to help you eat more healthily.

**Search 'Easy Meals app'.**



## MOVE MORE

**Getting regular exercise can benefit your health, make you feel better and reduce the risk of long-term conditions.**

Just 10 minutes of continuous brisk walking a day can start to improve your health. Download our Active 10 app and start tracking your minutes today.

**Search 'Active 10 app'.**



## BE SMOKE FREE

**No surprises here – stopping is the best thing you can do.**

No matter how long you've smoked for, quitting helps improve your health straight away.

Download our Smokefree app to get daily support and motivation, and kick the habit for good.

**Search 'Smokefree app'.**





## DRINK LESS

**Cutting back on alcohol is good for your health. It can boost energy levels and improve the quality of your sleep.**

Download our Drink Free Days app which provides reminders, support and practical advice to change your drinking habits for good.

**Search 'Drink Free Days app'.**



## CHECK YOURSELF

**Checking your body's most important systems are all running smoothly is a great way to begin.**

Our Heart Age Test is the perfect place to start. It's a free online test that can reveal your heart age and how to lower it.

**Search 'Heart Age Test'.**



## STRESS LESS

**Stress can affect the way you feel, think, behave and how your body works – from how well you sleep to your immune system.**

Getting stress under control can help you feel better about yourself.

**To find out more visit [nhs.uk/oneyou/stress](https://nhs.uk/oneyou/stress)**



## SLEEP BETTER

**It's important to get a good night's sleep. It can boost your immune system and help you fight off illness.**

It also allows your mind to relax, improving your mental and emotional well-being.

**To find out more visit [nhs.uk/oneyou/sleep](https://nhs.uk/oneyou/sleep)**



Search **One You** and take the free health quiz to begin the journey to a healthier you

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