

# HEALTHY LIFESTYLE SERVICE

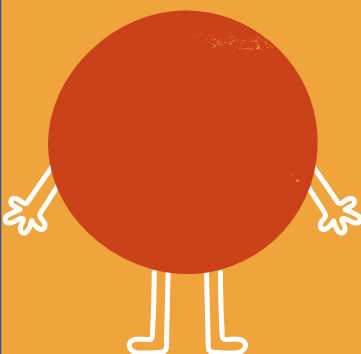


# HELPING YOU TAKE SMALL STEPS TO FEELING GOOD

- We'll provide you with free and confidential support
- Loose weight
- Eat Healthier
- Be more active
- Reduce your alcohol intake – 2-3 units per day no more than 14 units in a week, keep 2-3 days alcohol free
- Stop Smoking



# REDUCE ALCOHOL



## Keeping track of your units

Here are how many units there  
are in some common drinks:



Large glass of wine  
250ml (12%)

**3 units**



Pint of lager / beer /  
cider (5.2%)

**3 units**



Bottle of lager/beer /  
cider 330ml (5%)

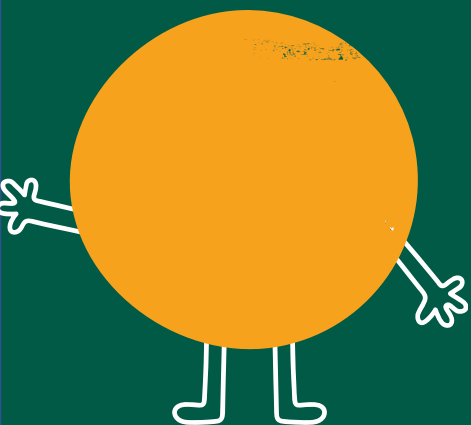
**1.7 units**



Single small shot of  
spirits 25ml (40%)

**1 unit**

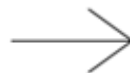
# REDUCING ALCOHOL



## Simple swaps

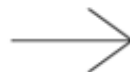
Simple swaps you can make to reduce your alcohol and calorie intake:

### Mixers



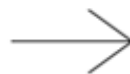
Choose soda, low calorie or diet options of soft drinks

### Wine



Choose a small glass instead of a large one

### Beer



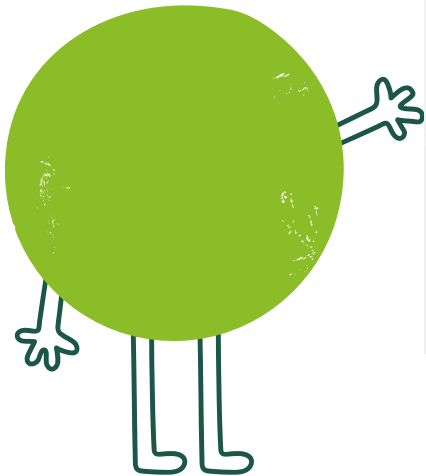
Choose a bottle instead of a pint

# STOP SMOKING SUPPORT

## The health benefits of quitting It's never too late to quit



# NICOTINE REPLACEMENT THERAPY







TALK COMMUNITY

BRINGING  
HEREFORDSHIRE  
TOGETHER

WE'RE TALK  
COMMUNITY

# MAKING SURE SAM STAYS HEALTHY

(And no, playing with his Wii doesn't count)

Get involved at  
[talkcommunity.org](http://talkcommunity.org)

JOG  
WITH  
ME

Herefordshire  
Council

FITNESS  
FOR ALL

PICK  
YOUR OWN

BOOK  
CLUB

**THANK YOU.**  
**ANY QUESTIONS?**

