

Make positive changes to your lifestyle

Taking small steps to adjust your **lifestyle** can reduce your risk of developing **heart disease**.



Stay a healthy weight

Try to maintain a healthy weight. Your doctor or dietitian can provide information about what is a healthy weight for you.

The NHS provides a tool to estimate whether you are a healthy size using your weight and height. For more information visit www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx

Exercise regularly

The government recommends we exercise for 30 minutes at least five days per week. This could include simple practices such as walking to the shops, taking the dog for a walk, hopping off the bus one stop earlier and using the stairs rather than the escalator or lift.



Try making small adjustments over time and avoid setting yourself unrealistic goals.

Aim to stop smoking



Try to reduce the number of cigarettes you smoke per day and make it your aim to stop smoking altogether.

Limit the amount of alcohol you drink

Men should not regularly drink more than three to four units per day and women no more than two to three units per day. Try to have some alcohol-free days every week and avoid binge drinking.

1 unit	2 units	2.3 units	3 units	3 units	3.4 units
1 single measure (35ml) of vodka	1 double gin and tonic	1 pint of 4% ale or bitter	1 pint of premium strength 5.4% lager	1 large glass (250ml) of 12% wine	1 pint of 6% cider

*Data from The British Liver Trust