Reflect on your current lifestyle behaviours.
A change to how you live your life can reduce your chances of developing diabetes, cancer, heart disease and lung disease and other forms of ill-health.

Knowing your Numbers will help give you a sense of how healthy you are.

Try to avoid sitting for long periods at any one time. At work, at home or leisure, be conscious of the length of time you are sitting. Get up and stand, stroll and/or stretch to break up long periods of sitting.

The HSE Drugs & Alcohol helpline provides support, information, guidance and referral to anyone with a question or concern.

For more information on standard drink measurements and your drinking patterns visit www.askaboutalcohol.ie

For ideas visit: www.safefood.eu/Healthy-Eating

www.quit.ie

Call 1800 201 203

To find out more about good healthy eating habits take a look at the food pyramid
www.safefood.eu/Healthy-Eating

1800 459 459

Don’t Smoke and if you do, quitting smoking is the best thing you can do to improve your health.

You can Quit and WE can help.

Call 1800 201 203

www.getirelandactive.ie

SIT LESS
MOVE MORE

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SIT LESS
MOVE MORE

There are many health benefits to keeping active so aim for at least 30 minutes of moderate physical activity 5 days a week. For ideas visit:

www.safefood.eu/Healthy-Eating

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