

KNOW YOUR NUMBERS



30 30 30 30 30

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.getirelandactive.ie

hi
Healthy
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HSE

QUIT

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.quit.ie

FOOD PYRAMID



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

HSE DRUG AND ALCOHOL HELPLINE

1800 459 459

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

ask
about
alcohol.ie

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



SIT LESS MOVE MORE

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.

LIFESTYLE BEHAVIOURS

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.

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BODY MASS INDEX



UNDER <18.5 HEALTHY 18.5 - 24.9 OVER 25 - 29.9 OBESE >30

HEALTHY BMI
18.5 - 24.9

WAIST MEASUREMENT



NO MORE THAN



80cm



94cm

CHOLESTEROL



5.0
OR LESS

BLOOD PRESSURE



NORMAL

120 / 80

SUGAR LEVEL



FASTING BLOOD TEST

5.6
OR LESS

ALCOHOL



NO MORE THAN



11
STANDARD
DRINKS
PER WEEK



17
STANDARD
DRINKS
PER WEEK

<6 STANDARD DRINKS ON
ANY ONE OCCASION

PHYSICAL ACTIVITY



AT LEAST

30
MINUTES
A DAY

5
DAYS
A WEEK

FRUIT & VEGETABLES



EAT

5 - 7

DIFFERENT PORTIONS
WITH A VARIETY OF
COLOURS DAILY