



WELLWISE

A GUIDE TO
HEALTHY LIVING





GOOD HEALTH...

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...IS FUNDAMENTAL TO LEADING A FULL, ACTIVE AND HAPPY LIFE.

YOU DON'T HAVE TO TRAIN FOR A MARATHON TO GET HEALTHIER IT CAN BE ACHIEVED THROUGH JUST 30 MINUTES OF MODERATE PHYSICAL ACTIVITY EACH DAY.

It's as simple as taking the stairs instead of the lift or eating an apple or banana instead of chocolate for a snack. Including healthy habits activities into your daily routine is enough to help you feel better, look better and live longer!

...MAKE YOU LOOK BETTER!

- Regular exercise can help you manage or lose weight. The more exercise you do, the more calories you burn.
- Exercise helps you to stay in shape by maintaining and increasing your level of health and fitness. Even low impact exercise can help improve muscle strength, flexibility and endurance.
- It is easy to control how fast and how far you walk or cycle making these activities suitable even for people unused to, or unable to take regular exercise.
- Healthy eating can be as straightforward as reducing your fat intake by grilling rather than frying and using unsaturated fats, such as sunflower or olive oil rather than saturated fats like butter.

...
THE RIGHT
NUTRITION IS AN
IMPORTANT STEP
TOWARDS GOOD
HEALTH
...

HEALTHY HABITS...

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...MAKE YOU FEEL BETTER!

- Starting the day with some light physical exercise can help you be more awake and alert, helping concentration and memory.
- Every time you exercise you boost your immune system, helping you fight off illness. It can also reduce stress levels, increasing energy levels and improve sleep patterns.
- Regular exercise can improve psychological well-being and help combat depression.
- The right nutrition is an important step towards good health and upping your fruit and vegetables intake to 5 portions a day is of the easiest ways to ensure your diet is packed with vitamins and minerals.

...HELP YOU LIVE LONGER!

- Regular exercise can help reduce your risk of heart disease, cancer, obesity, strokes, respiratory disease and diabetes, hypertension (high blood pressure) and osteoporosis.
- People who do regular exercise such as cycling to work can enjoy the well being and fitness levels of people 10 years younger.
- If you smoke, giving up is probably the greatest single step you can take to improve your health. Smoking is one of the biggest causes of death and illness in the UK.
- Drinking a moderate amount of alcohol will not do you any harm, however heavier drinking can cause serious health problems.



HEALTHY HABITS...

THERE ARE LOTS OF OPPORTUNITIES TO START HEALTHY HABITS IN KIRKINTILLOCH AND LENZIE!

- There is a network of off-road walking and cycling routes throughout Kirkintilloch and Lenzie.
- Walking or cycling for short journeys, rather than taking the car, provides a great opportunity for exercise, as well saving you money and helping the environment.
- There are lots of green spaces allowing you to enjoy some exercise or just enjoy the fresh air.
- Kirkintilloch Leisure Centre offers excellent facilities including swimming pools, a sports hall and fitness gym.
Booking Line: 0141 578 8223
Email: kirkintillochleisure@eastdunbarton.gov.uk
- Your Doctor or Practice Nurse can give you advice on healthy eating, how to stop smoking and can refer you to a free 12 month exercise consultation to help you get active.

YOU CAN CONTACT THE HEALTHY HABITS TEAM FOR MORE INFORMATION AT:

CALL US 0141 777 3020

EMAIL HEALTHYHABITS@EASTDUNBARTON.GOV.UK

VISIT WWW.EASTDUNBARTON.GOV.UK/HEALTHYHABITS

OR WHY NOT VISIT US AT THE HEALTHY HABITS SHOP:

55 COWGATE, KIRKINTILLOCH, G66 1HW.



Visit us at the Heathy Habits Shop: 55 Cowgate, Kirkintilloch, G66 1HW
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