



HOW ARE YOU?

In our adult years, the lifestyle choices we make can dramatically increase our chances of becoming ill later in life.

Making small changes now can improve your health right away and double your chances of staying healthy as you get older. It's never too late to start.



EAT WELL

A healthy diet can help you look and feel great.

It can also stop you gaining weight so start by shelving the sugar and cutting back on fat.



MOVE MORE

Getting enough exercise means a stronger, fitter you.

It's good for your body and your mind too.



BE SMOKE FREE

No surprises here – stopping is the best thing you can do.

No matter how long you've smoked for, quitting helps improve your health straight away.



DRINK LESS

Cutting back on booze is good for your health.

It can boost energy levels and improve the quality of your sleep.



CHECK YOURSELF

Checking your body's most important systems are all running smoothly is a great place to start.

Ask your GP/GP practice if you are eligible for a free NHS Health Check.



STRESS LESS

Relaxing helps you feel good and function well.

Getting stress under control can help you feel better about yourself.



SLEEP BETTER

It's important to get a good night's sleep.

It allows your mind to relax, improving your mental and emotional well-being.



Search One You and take the free health quiz to see how you score.

BECAUSE THERE'S ONLY
ONE YOU