

SMALL CHANGES



BETTER HEALTH



One small change is
a good place to start

You do not need to change everything at once.
Choose one small step that feels right for you.

You could:

- move a little more
- make a healthier food choice
- stop smoking
- drink less alcohol
- improve your sleep and wellbeing



Small changes can make a real
difference when they become
part of everyday life.



Move more, at your own pace

Any activity is better than none. Walking, gardening, housework, seated exercises and short periods of movement all count.

Start gently and build up gradually. Your exercise programme will help you become more active, one step at a time.

Most adults should aim for at least 150 minutes of moderate activity each week, if this is suitable for them. Moderate activity makes you breathe faster and feel warmer. You should still be able to talk, but not sing.

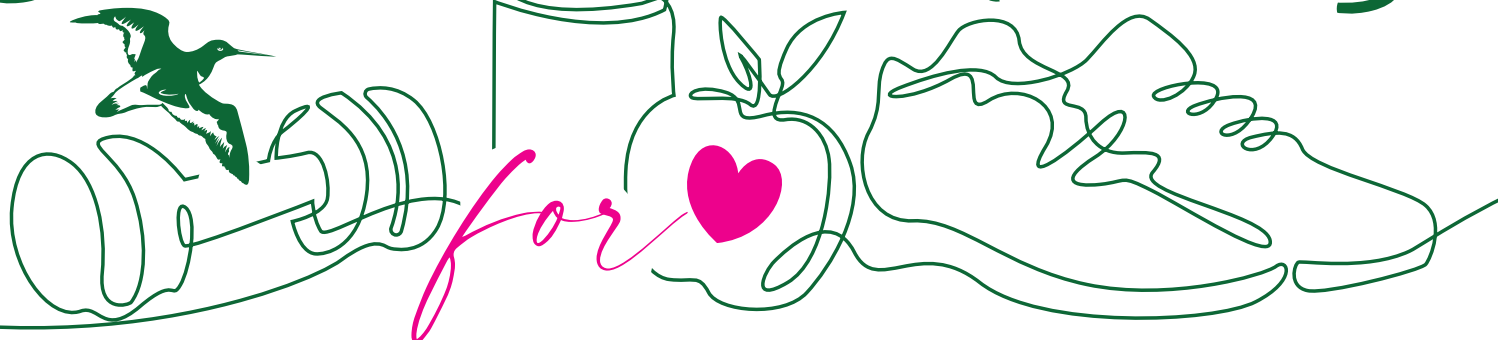
START SMALL. BUILD GRADUALLY. EVERY POSITIVE CHANGE COUNTS.



Marsh Medical Practice
www.marshmedicalpractice.com

SMALL CHANGES FOR BETTER HEALTH
Working with you

SMALL CHANGES



BETTER HEALTH

My first small change ...

I will:

.....

I will start on:



Free NHS advice and support

For trusted advice, practical tools and free apps:

NHS Better Health

<https://www.nhs.uk/better-health/>

For simple ways to move more:

NHS Better Health: Get Active

<https://www.nhs.uk/better-health/get-active/>

Keep it simple and notice your progress. If you miss a day, do not worry—start again when you can.



Keep yourself safe

Speak to the practice team before increasing your activity if you have a long-term health condition, have recently been unwell or had an operation, are pregnant, have not exercised for a long time, or are unsure what is safe for you.

Stop exercising immediately if you develop chest pain, feel faint or become unusually short of breath. Call 999 if you have chest pain that feels tight or heavy, severe difficulty breathing, or if someone collapses or becomes unresponsive.

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