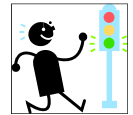




What do You Know?

1. How many strawberries make one of your 5 fruit and veg a day?
2. What is the best way to prevent the spread of infection?
3. How many alcohol units are there in a pint?
4. What is the daily alcoholic units allowance for a woman?
5. How many units does a man have to drink every week to start damaging his liver?
6. How many calories can you burn off by walking briskly for half an hour?
7. How many calories are there in a Cadbury's crème egg?
8. When is No Smoking Day 2010?
9. How many glasses of water should you drink every day?
10. How many chemicals are there in a cigarette?



Answers –on bottom of second page

New Year

So how did those New Year resolutions go? Did you make any about getting fitter? Did you want to lose weight or stop smoking? If it's all gone pear shaped maybe we can give you a couple of tips to get you started again.

No Smoking Day

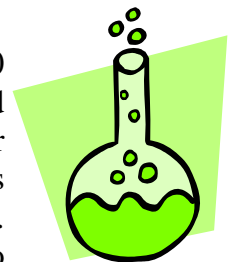


March 10th is No Smoking Day this year and its a great day to think about giving up (we can't remember if you or a member of your family smoke!) or trying again. Generally it takes you about seven goes before you succeed in stopping smoking so if you didn't manage it, that's only to be expected. Don't beat yourself up about it. The more you tell yourself off about it, the worse you will

feel.

Congratulate yourself on having a go and managing to stop or cut down even if it was only for a few days. Think about why you started again and how you could get round it next time. Concentrate on how nice it would be to have a bit more money to spend or not having to smoke outside in the freezing cold when you go out for the night.

Did you know there are 4000 chemicals in a cigarette and 60 of them can cause cancer but only one of them is addictive and that's nicotine. This is why you find it so difficult to give up. However there are now all sorts of products containing just nicotine to help you give up. You can get patches, gum, lozenges, and inhalators.



By using these you can reduce your cravings while stopping yourself suffering from the effects of the other chemicals in a cigarette. What's more we can make things even easier by finding out which type of nicotine replacement product (NRT) suits you best and give you help and support to stay off.

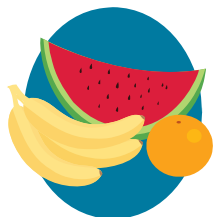
On top of this if you smoke 20 cigarettes a day you could save yourself up to £2135.25 in a year. By putting that money away every day you don't buy a pack, you'll be staggered how quickly you could buy yourself a treat. Just think what you could spend that on.



So come along to our pharmacy and join the hundreds who are going to try to stop this year.

Losing Weight.

And what about that diet? Have you given up on that too? Again it's really important not to feel bad about it. We all know it's really hard to lose weight and keep it off. It means you are going to have to change the way you eat on a regular basis and we just love our treats.



However rather than trying a quick fix diet where you lose a stone in a month, how about adjusting your diet a bit at a time so your body adapts. As with changing any habit it takes time for you to adjust and perseverance is the key.

Half a 10" deep pan pizza, a 3 sandwich packet from the supermarket, 3 cans of ordinary cola, or half a chocolate orange are all examples that will supply you with 500 calories. By just cutting your food by 500 calories a day you will lose a lb a week. That's 52lb or 3st 10lb in a year!



If you would like some advice and support while you are trying to shed those pounds come and have a chat with us. We can help you keep track of the weight loss, help you keep a food diary and celebrate when you succeed.



Exercise

The alternative is to do more

exercise but make sure it's something you enjoy doing or you'll never keep up.

If you would like some information about the number of calories that you can burn doing every day tasks, just call into our pharmacy to pick one up.

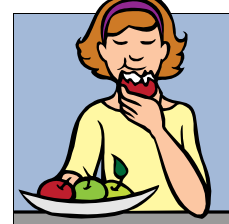
For a happier new you, no matter what your age....



Stop Smoking....



Eat Healthily....



Watch your unit intake each week....



....and start gentle exercises

