

New Year, New Steps, New Swaps.....Healthy You

At a time of New Year's Resolutions, here are some campaigns to help you stay healthy

- Aside from positive physical effects, such as weight loss, swapping out added sugar **can help prevent tooth decay, cavities and tooth loss**
- You'll be surprised how much added sugar there is in the things we eat each day
- Check out the labels to see just how much there is!
- Go to <https://www.nhs.uk/change4life> for further details

Swap out added sugar



- **10 minutes can make the difference**
- You don't have to do an intense workout to get the benefits of exercise - walking briskly counts too
- **A daily brisk 10 minute walk can increase physical fitness, improve mood and lead to a healthier weight**
- Go to <https://www.slough.gov.uk/active-slough> or <https://www.nhs.uk/better-health/get-active/> for further details

Keep active



- **Dry January** is the UK's one-month booze-free challenge that helps millions reset their relationship with alcohol every year
- **A month alcohol-free has a lot of benefits:** A month off can lower blood pressure, reduce diabetes risk, lower cholesterol, and reduce levels of cancer-related proteins in the blood. **During Dry January 2019 88% of participants saved money, 71% slept better and 58% lost weight*.**
- Go to www.alcoholchange.org for details

Dry January



*Source: www.alcoholchange.org Research published in 2018, conducted by the Royal Free Hospital and published in the British Medical Journal