

# ONE YOU

**NHS**

# HEALTHY CHOICES, HEALTHY LIFESTYLE, HEALTHY YOU

## DID YOU KNOW?

How you live your life after 40 has a huge impact on how healthy you are after 60

## WHY?

Because of how we live our lives. Making small changes now can improve our health right away and double our chances of staying healthy as we get older.

## START THE FIGHT BACK TO A HEALTHIER YOU

Take the One You quiz and see how you score or see below for local opportunities across Rushcliffe to help you be healthier.

SCAN HERE



[WWW.NHS.UK/ONEYOU](http://WWW.NHS.UK/ONEYOU)

## EXERCISE

Whether you are looking to lose some weight or just get fitter there are a number of local opportunities to get you going.

**Parkrun** organise free, weekly, 5km runs in parks across Nottinghamshire. They are open to everyone, free, and are safe and easy to take part in. Visit [www.parkrun.org.uk](http://www.parkrun.org.uk) for more information.

**Other useful websites include:**

- Leisure centres, public golf courses and sports clubs  
[www.rushcliffe.gov.uk](http://www.rushcliffe.gov.uk)
- Cycle lanes and routes  
[www.routeyou.com](http://www.routeyou.com)
- Walking and rambling  
[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)  
or [www.rushclifferamblers.org](http://www.rushclifferamblers.org)
- Exercise for those with type 2 diabetes  
[www.fit4lifennotts.co.uk](http://www.fit4lifennotts.co.uk)

## HEALTHY EATING, DIET AND WEIGHT MANAGEMENT

Visit [www.nhs.uk/oneyou](http://www.nhs.uk/oneyou) for information on healthy diets or download the OneYou Easy Meals app from the same website for recipe ideas and meal planning.

ChangePoint Nottinghamshire is an evidence based lifestyle weight management programme designed to help you manage your weight and live a healthier life – visit the website at [www.everyonehealth.co.uk/nottinghamshire-county-council](http://www.everyonehealth.co.uk/nottinghamshire-county-council) or call free on **0333 005 0092**.

## SMOKING

Smokefreelife Nottinghamshire is the free Stop Smoking Service in Nottinghamshire. You are four times more likely to quit smoking with professional support - Call free on **0800 246 5343** or visit [www.smokefreelifenottinghamshire.co.uk](http://www.smokefreelifenottinghamshire.co.uk)

## ALCOHOL

Drinking a bit too much can sneak up on you – use the OneYou drinks tracker at [www.nhs.uk/oneyou](http://www.nhs.uk/oneyou) to check whether you are drinking more than you should.

If you think you have an unhealthy relationship with alcohol and may need extra support to manage your drinking you can call New Directions on **0115 896 0798** or email [notts@cgl.org.uk](mailto:notts@cgl.org.uk)

## MENTAL HEALTH AND WELLBEING

Everyone goes through difficult times; sometimes our problems affect our day-to-day lives and we feel that we can't cope. If you are in this situation, you are not alone.

Insight talking therapies is a free and confidential service and is available to anyone over the age of 18 living in Nottinghamshire visit [www.insighthealthcare.org](http://www.insighthealthcare.org) or call 0300 555 5579 (local rate) for a service to suit you.

Let's Talk-Wellbeing is a service that provides psychological assessment and treatment for what are known as mild to moderate common mental health problems, which 1 in 4 of us will suffer with at some stage in our lives. You can complete an online referral form at [www.nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county](http://www.nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county) or call **0115 956 0888** to contact someone who can take your details and arrange an appointment for you.