



#smallchanges

Tips and hints sheet

Ideas for your #smallchange

- Be Smokefree – get support from local stop smoking clinic, write yourself and plan, make a list of reasons why you should quit, aim for something you want to save up for to spend the money on instead of cigarettes
- Keep a healthy weight – get creative with lots of new recipes, cut down or cut out certain foods, lose target amount of weight, ditch the takeaways, change up your snacks
- Eat fruit and veg – eat one more portion a day, get creative with lots of new types and with new recipes, keep a diary to track
- Drink less alcohol – have alcohol free days, do it with a friend, alternate between soft drinks, try some mocktails!
- Be Sunsmart – stock up on suncream, accessorize with shades and a hat, educate your family and friends, give those sunbeds a miss
- Be active – do 20 minutes a day: run, walk, cycle, swim, dance, jump, skip – be creative and add it in where you can – keep a diary to help keep track!

Tools to help you

- Try the [One You health survey](#) to get you started – that will give you an idea of where you could make small changes
- Why not download a [5-a-day diary](#)?
- See what's happening locally - is there anything you can get involved in which might help your #smallchange?
- There are lots of free apps that can help you to be healthy, so have a search in your app store on your phone or tablet – examples include [Change 4 Life](#), [myfitnesspal](#), [Couch to 5k](#), and [One You](#).

How to sustain a #smallchange

- **Get your family and friends involved to make it easier to stick to**
- **Take a before picture if you want to make changes to your body – good to show progress**
- **Write down your reasons for wanting to make a #smallchange and keep this days when you need a bit of extra motivation**
- **Set yourself goals and reward yourself with something when you achieve them – maybe a family day out or a new top?**