



Oak Tree Health Centre
Tyne Avenue
Didcot
Oxon OX11 7GD

HEALTHY LIFESTYLES

We will not bombard you with messages! Our recommended plan is simple.

Reduce the risk of cancer, heart disease, diabetes, high blood pressure, stroke through a:

3 POINT ACTION PLAN

- 1. Don't smoke**
- 2. Maintain a healthy weight**
- 3. Moderate alcohol consumption**

Smoking

If you smoke, we know it is difficult to stop. Our staff are trained to help. If you wish to quit, book for a smoking cessation appointment.

Health Weight

Check your weight and Body Mass Index (BMI). We have scales which will do both – it takes 30 seconds.

BMI	less than 18.5	You are a bit underweight
	18.5 – 24.9	OK
	25.0 – 29.9	Overweight – could do with reducing
	30 plus	Obese – definitely need to reduce

If your BMI is over 30, please seek advice on weight management.

Alcohol

Be honest! A lot of us drink more units than we admit – or know. Big glasses of wine, strong beers & lagers all contain more alcohol than we think.

Use the table on the reverse to estimate your consumption. If it is a bit high, think about cutting back. If you need help, ask us.