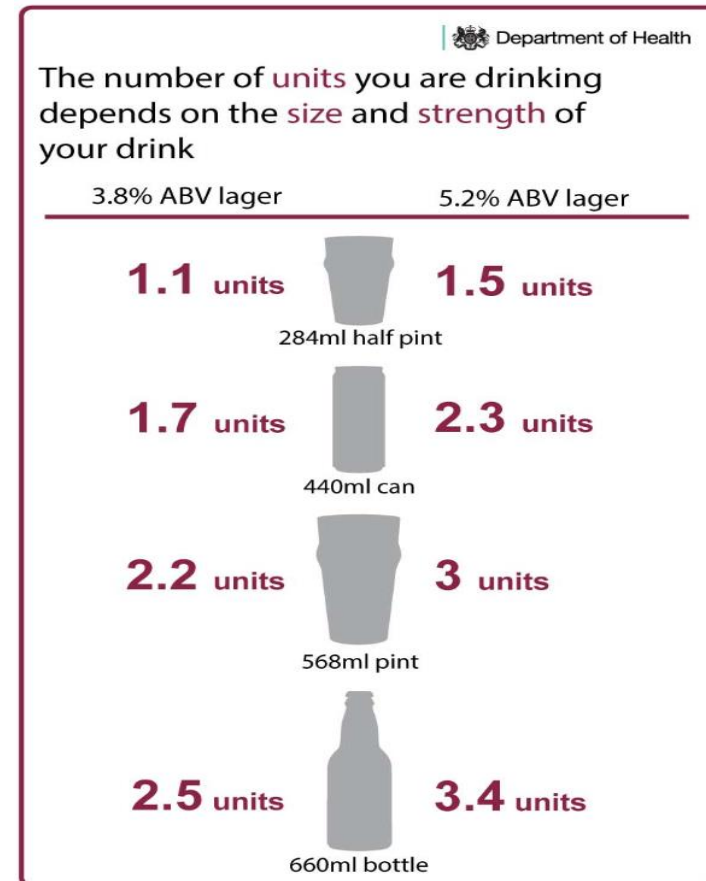
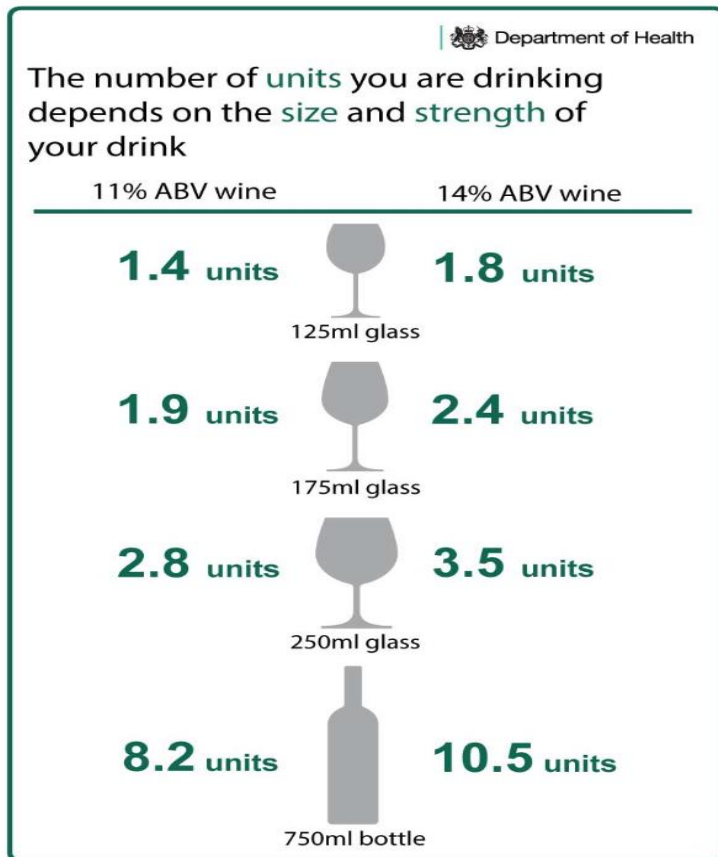


LIFESTYLE ADVICE SHEET – STENNACK SURGERY



- Eat a minimum of **five portions of a variety vegetables and fruit a day** not including potatoes.
- Aim to eat **40gms of fibre a day** (food labels will give you some of this information)
- Aim to drink **six to eight glasses of water/fluid** throughout the day

- **Reduce your alcoholic intake** to less than 14 units a week. Know your Units.



Exercise - Guidelines for adults 19 - 64

To stay healthy, adults aged 19-64 should try to be active daily and should do:

- At least 150 minutes of moderate aerobic activity such as cycling or brisk walking every week **AND**
- Strength exercises on two or more days a week that work all the major muscles (legs, hips, back abdomen, chest, shoulders and arms)