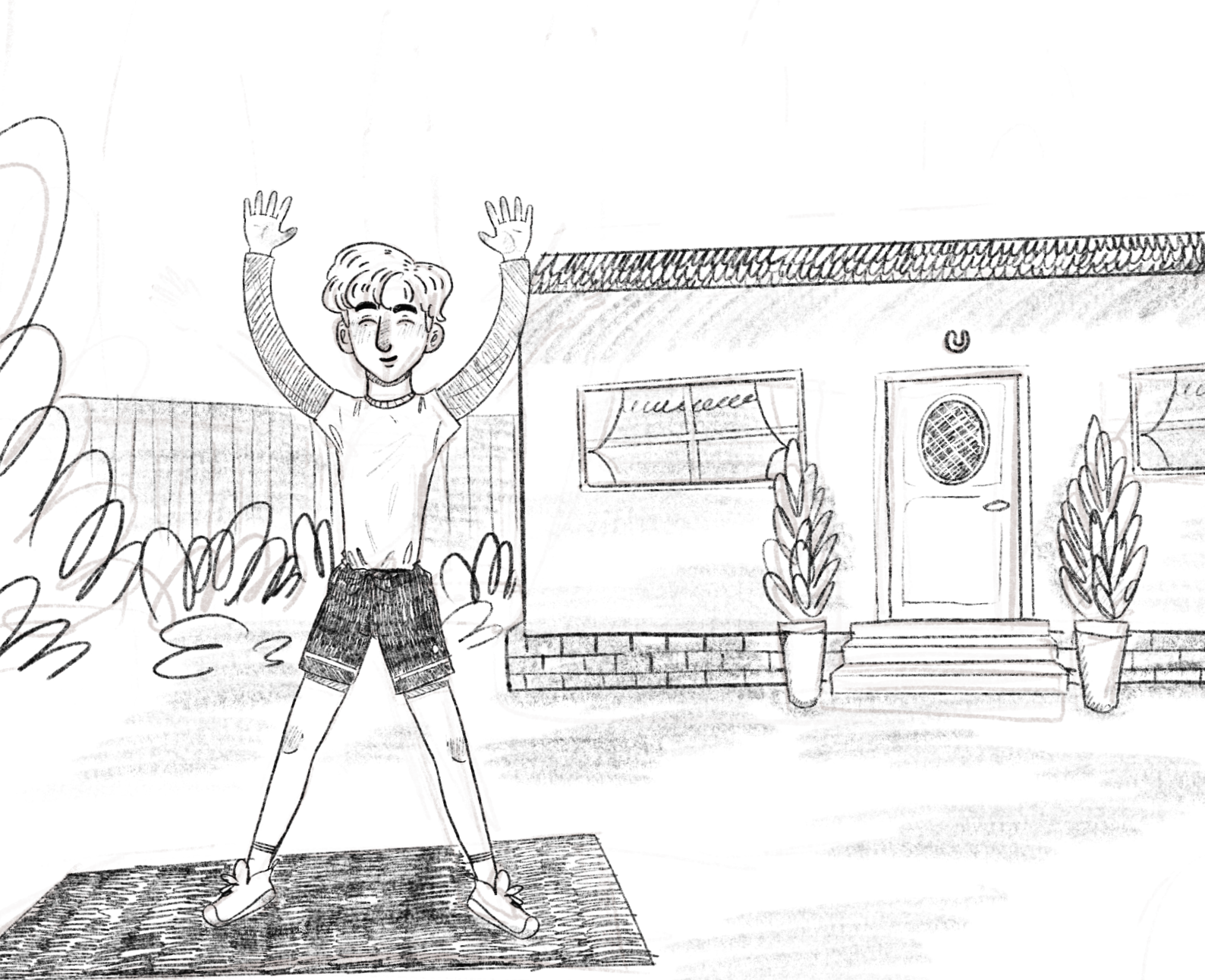


HEALTH INFORMATION FOR GYPSIES AND TRAVELLERS



**HOW TO BE HEALTHY TO KEEP
THE KUVVA AT BAY**



**FRIENDS,
FAMILIES &
TRAVELLERS**

38% OF **CANCER** CASES ARE PREVENTABLE

What can I do to prevent the bad thing?



Quitting smoking reduces your risk of getting at least 15 different types of the 'big C'.

BP

Access support services for quitting.

SPEAK TO YOUR GP IF YOU WANT ANY SUPPORT, FOR MORE INFORMATION:

WWW.NHS.UK/LIVE-WELL/QUIT-SMOKING

Diet

- Eat 5 fruit and vegetables (fresh, tinned or frozen) daily.
- Reduce salt.
- Reduce sugar.
- Avoid fried food!

Alcohol

- Drinking less reduces your risk of at least 6 different types of the 'big C'.
- Stick to less than 14 units per week (6 pints of beer).
- Have 2 alcohol free days per week.

Exercise

- Reduces your chances of getting 13 types of the 'big C'.
- Spend 25 minutes a day getting your heart rate up by walking, running, boxing, or cleaning.
- Anything goes as long as you get a sweat on!
- Ask your GP if you can get a 12 week programme with a gym or personal trainer, or give FFT a call on **01273 234 777**.

FRIENDS, FAMILIES & TRAVELLERS

Contact Details:

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