

# MY PERSONAL GOAL

What is my goal?  
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Signature:  
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How will I achieve my goal?  
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Screener:  
.....

Date:  
.....



Stop Smoking

## Free NHS stop smoking support is available to help you quit

- The service offers support and advice from trained advisors as well as a choice of Nicotine Replacement Therapy products e.g. Patches and gum
- To find out details of your local stop smoking clinic, call 0800 052 5855 or text "Quit" to 80800
- For more information visit [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

Notes:  
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Eat a healthy diet and maintain a healthy weight

## Eat a healthy, balanced diet

- Have less processed food and cut salt in your diet by not adding salt during cooking or adding it to food at the table.
- Eat more fruit and vegetables aiming for at least five portions a day.
- Eat less fat by cutting down on butter, fried foods, pastry, sausages, burgers, cakes and hard cheese.
- Reduce your sugar intake by keeping sweets, chocolate, cake, biscuits and fizzy drinks as occasional treats.
- For more information visit [www.nhs.uk/livewell/healthy-eating](http://www.nhs.uk/livewell/healthy-eating).
- If you want to lose weight try our free online weight management programmes; ([www.commit2bfit.co.uk](http://www.commit2bfit.co.uk) for Men or [www.choose2bslim.co.uk](http://www.choose2bslim.co.uk) for women). If your BMI is over 30 and you would like help to lose weight, ask your GP for a referral to LightenUp.

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Increase your activity

## Taking part in regular exercise can make a positive difference to your lifestyle

- Try being active every day. You could start with doing 10 minute bouts of gentle exercise.
- Work towards 30 minutes of moderate activity such as brisk walking at least 5 times a week.
- Aim to do at least 2½ hours of activity every week.
- If you live in Birmingham you could join Be Active which entitles you to free physical activity in community venues; this includes Gym, Swimming, Cycling, Walking, Exercise classes, Football, Bowls, Netball, Tennis and more. To sign up visit [www.beactivebirmingham.co.uk](http://www.beactivebirmingham.co.uk).
- For general physical activity advice visit [www.bhf.org.uk/heart-health/prevention/staying-active.aspx](http://www.bhf.org.uk/heart-health/prevention/staying-active.aspx)

Notes:  
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Drink no more than the recommended daily limits

## The recommended daily limits are:

- Men: No more than 3-4 units a day / Women: No more than 2-3 units a day.
- Three alcohol free days each week.
- 1 unit = ½ pt of beer/lager, a small glass of wine (125ml) or 25ml glass of spirit.
- For more information, visit [www.nhs.uk/units](http://www.nhs.uk/units).

Notes:  
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Health Trainers can help with making many of these lifestyle changes. Ask for details from the person delivering your NHS Health Check.

# MY NHS HEALTH CHECK RESULTS

Name (Patient): .....

Name (Screener): .....

Date: .....

| TEST  | HEALTHY | NEEDS ATTENTION | YOUR RESULTS | HEALTHY RANGE  |
|---|---------|-----------------|--------------|--|
| Smoking Status                                |         |                 |              | Non smoker   |
| Blood Pressure                                |         |                 |              | Below 140/90   |
| Waist measurement                             |         |                 |              | <b>Women</b> below 80cm (31 inches)<br><b>Men</b> below 94 cm (37 inches)  |
| BMI (Body Mass Index)                         |         |                 |              | 18.5 - 24.9  |
| Exercise                                      |         |                 |              | Take moderate exercise (i.e. brisk walking) in bouts of 10 - 30 minutes five times a week, working toward 2 ½ hours per week |
| Alcohol intake                                |         |                 |              | Women no more than 2-3 units per day Men no more than 3-4 units per day With 3 alcohol free days per week                    |
| HbA1C blood test<br>(Long term diabetes test) |         |                 |              | Below 48 mmol/L (6.5%)<br>6.0 - 6.4% IGR   |
| Cholesterol                                   |         |                 |              | Total Cholesterol (TC) – Below 7.5 mmol/L<br><b>TC: HDL</b> ratio - Less than 4.5  |
| Cardiovascular (CVD) risk                     |         |                 |              | Low risk: 0 - 9%<br>Moderate risk: 10% - 19% High risk: more than 20%  |

