

How are you? Healthy lifestyle advice and support during Covid-19

There has never been a better time to look after your health. What steps can you take to improve your health right now?

 <p>Be smoke free</p>	 <p>Move More</p>
<ul style="list-style-type: none"> • Stopping smoking is one of the best things you'll ever do for your health. It is never too late to quit. • If you smoke, you have an increased risk of contracting respiratory infection and of more severe symptoms once infected. COVID-19 symptoms may be more severe if you smoke. • Stopping smoking will bring immediate benefits to your health, including if you have an existing smoking-related disease 	<ul style="list-style-type: none"> • No matter how much you do, physical activity is good for your body and mind. Some is good – more is better still. • Physical activity is great in helping prevent illness from viruses. Regular, daily exercise can enhance the immune system and improve metabolic health • Getting enough exercise means being stronger and fitter, plus it's good for the mind, helping to manage stress and reduce anxiety.
 <p>Lose weight</p>	 <p>Drink less alcohol</p>
<ul style="list-style-type: none"> • Obesity is one of the most common conditions that requires intensive care admission due to the virus. • Obesity is linked to a host of health risks which have higher mortality rates from coronavirus including: type 2 diabetes, heart disease, some cancers and high blood pressure. • Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds. 	<ul style="list-style-type: none"> • Research from Alcohol Change (July 2020) indicated some people are drinking more heavily to cope with stress and anxiety during lockdown • Less alcohol is better for your health. It can boost energy levels, improve your immune system & sleep quality • To keep health risks to a low level, adults are advised not to exceed 14 units a week, with at least two or three alcohol free days in any week.
 <p>Improve your wellbeing</p>	<ul style="list-style-type: none"> • The anxiety caused by the threat of Coronavirus and the mental health concerns caused by extended periods of time at home are incredibly important to overcome • Having good mental health helps us to relax more, achieve more and enjoy our lives more. Leading a healthy lifestyle really supports this. • It is good to connect with and talk to others about how we are feeling.

Get Support:

	<p>For information and local services to support you to lose weight, get more active, stop smoking and drink less alcohol please visit:</p> <p>www.brighton-hove.gov.uk/healthylifestyles www.nhs.uk/better-health</p> <p>The Healthy Lifestyles Team will help you to find and access free support to make the changes that are important to you.</p> <p>Our support includes online group activities and one to one support (online or by telephone). Interpreters are also available if needed.</p> <p>For a free, confidential conversation about the changes you want to make visit:</p> <p>www.brighton-hove.gov.uk/healthy-lifestyle-referrals or call 01273 294589.</p>
	<p>Other services able to support your wellbeing:</p> <p>For immediate help to deal with the impacts of Covid-19 contact the Community Support Hub: 01273 293117 www.brighton-hove.gov.uk/covid-19</p> <p>Get help to find mental health & wellbeing support in Brighton & Hove with Community Roots www.communityroots.org.uk 0808 196 1768</p> <p>Find out about support available for older people from Ageing Well: www.ageingwellbh.org 07770061072</p> <p>Contact the Carers Hub for information and support for people who provide unpaid care for others www.carershubs.co.uk</p> <p>Get free confidential advice from the Brighton and Hove sexual health and contraception service (SHAC). 01273 523388 www.brightonsexualhealth.com</p> <p>Thinking about suicide or worried about someone else?</p> <ul style="list-style-type: none">• If you need someone to talk to, call Samaritans for free on 116 123• Go to Preventing Suicide in Sussex www.preventingsuicideinsussex.org• Download the Grassroots app: www.prevent-suicide.org.uk/find-help-now/stay-alive-app

Further information about staying healthy during COVID-19 can be found here: www.brighton-hove.gov.uk/wellbeing-zone.

Healthy Lifestyles Team, Brighton & Hove City Council

Phone: (01273) 294589 Email: healthylifestyles@brighton-hove.gov.uk

Website: www.brighton-hove.gov.uk/healthylifestyles

