

General Health Messages

Week	Message	Purpose
1	Stress is normal; why not try Nelson Mandela's advice for dealing with life's ups and downs? "Tread softly, breathe peacefully, laugh hysterically"	Stress
2	"Let food be your medicine and medicine be your food". Why not try nuts, beans & whole grains as healthy snacks?	Diet
3	A word of wisdom: "Wellness is a connection of paths: knowledge and action." If you know you have a problem, don't delay in seeking help.	Seek help
4	A person "who moves with each day is better than another who waits for luck". Keep moving to keep fit! Anything helps: walking, dancing, even cleaning!	Exercise
5	A word of wisdom: "Be the change you want to see in the world". Encourage the ones you love to stay healthy.	Stay healthy
6	"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear". Eat well & exercise to keep calm and focused.	Stress
7	Proverb: "One who eats alone cannot discuss the taste of the food with others". A diet low in sugar, salt and fats will keep you and your loved ones healthy.	Diet
8	African Proverb: "He who conceals his disease cannot expect to be cured". If you are not feeling well, don't hesitate to see a doctor.	Seek help
9	"It is health that is real wealth and not pieces of gold and silver". Be active! Try to do at least 2½ hours of moderate physical activity each week.	Exercise
10	African proverb: "If you close your eyes to facts, you will learn through accidents". Find out how to stay healthy & feeling well. Visit www.nhs.uk/change4life	Stay Healthy
11	Proverb: "A friend is someone you share the path with". Life can be stressful. Don't be afraid to ask for help.	Stress / seek help
12	"Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend." It's important to look after your health.	Stay Healthy