

HEALTHY LIVING AT FULTON STREET

There is a lot of information out there about what you can do to improve your health and sometimes it can seem very complicated. However, there are a few things which really do make a difference and these are the ones that the Doctors at Fulton Street would recommend.

1) STOP SMOKING

There is good research evidence to say that your life will be longer and of a better quality if you stop smoking - no matter your age or how long you have stopped for. It can also take more than one attempt to stop! Speak to the pharmacist or the doctor for help.

2) EAT A GOOD DIET

Plenty of fruit and vegetables and balanced meals are good for you. High sugar snacks, sugary fizzy drinks, and fried fatty food are bad. An improved diet leads to a better quality of life.

3) EXERCISE

There is now lots of evidence to say that 30 minutes of exercise, most days, is good for your mental and physical health. Start slow and build up. Walking, swimming and cycling are all good. Exercise is also a good treatment for depression.

4) FOLIC ACID

If women are planning on pregnancy, we'd recommend this vitamin. Speak to a doctor for further advice.

5) WEIGHT

Keeping your weight trim is a good idea as it is better for your energy levels, as well as reducing cardiac risks and the risk of diabetes. If you want to have your body mass index (BMI) measured, just ask the nurse.

