

Want to get more **life** out of life?

You can do something positive today

This practice is participating in Lifescrpts – a national program for a healthier you.

Tick the boxes to indicate areas where we can help you with a healthier lifestyle and hand this checklist to your doctor or a staff member.

I'd like to quit smoking

Yes, I'd like to talk today about quitting

Yes, but at my next appointment

I'd like to know more about:

cutting down on nicotine – what works?

avoiding cigarette cravings and stress

how to avoid putting on weight

I'd like help to choose healthier foods

Yes, I'd like to talk today about healthy eating

Yes, but at my next appointment

I'd like to know more about:

ways I can make healthy eating easier

which healthy options will suit my lifestyle

where to get healthy recipes

I'd like to talk about alcohol use

Yes, I'd like to talk today about alcohol use

Yes, but at my next appointment

I'd like to know more about:

what is low-risk drinking

how much is too much

whether I should cut down

I'd like to become more active

Yes, I'd like to talk today about physical activity

Yes, but at my next appointment

I'd like to know more about:

how to get started

how much more activity I need to do

activity groups for people like me

I'd like help to manage my weight

Yes, I'd like to talk today about weight management

Yes, but at my next appointment

I'd like to know more about:

what is a healthy weight for me

how to lose weight and keep it off

ways I can make healthy eating and activity easier

We can help you with advice that works for you