The logo for Burnley West Network NHS is a circular emblem. The outer ring contains the text 'BURNLEY WEST NETWORK' in a light blue, sans-serif font. Inside this ring, the words 'Supporting health living well together' are written in a smaller, lighter blue font. At the bottom of the circle is the NHS logo, which consists of the letters 'NHS' in white on a blue rectangular background.

Burnley West Health and Wellbeing Pack

07535331152

BWPCN@nhs.net

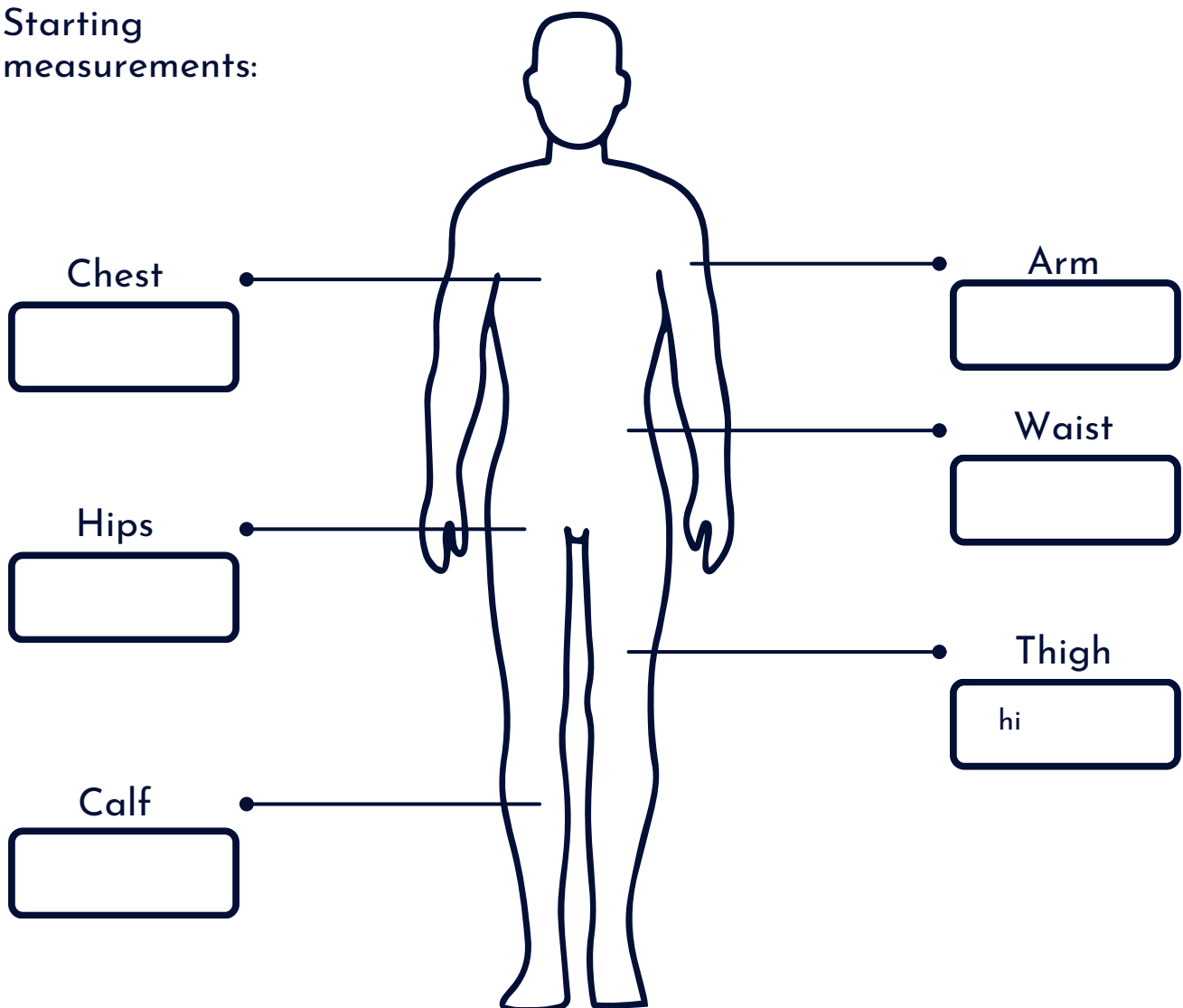
BurnleyWestNetwork.com



Measurement Tracker

Date: / /

Starting measurements:



Weight: _____ /Lbs

Using a body mass tape measure, measure around the different parts of the body above and write the number in the box. This will help you to track your progress!



Barriers I am facing

All Barriers:

Top 4 barriers that affect you the most:

1.	3.
2.	4.

What can help you overcome these barriers?

Write down any barriers to achieving your health and wellbeing goals. For example, Finance, and we can see if there is anything we can put in place to help you.



Goal Setting

Identify a goal that is specific, measurable, achievable, relevant, and time-bound (SMART). Break it into actionable steps, each with its own deadline.

S

Specific

What exactly do you want to achieve?

M

Measurable

How will you track your advancement?

A

Attainable

Evaluate the feasibility of your goal.

R

Relevant

How does it fit into your broader objectives?

T

Time-bound

What is the deadline?

Think of a goal you would like to achieve and make it SMART. This will help you to stay motivated as it will be a goal that is achievable rather than setting yourself something that is going to be difficult to attain and therefore demotivating you.



Fitness Goals

Date: / /

Exercise / Activity

	Start	Goal
Chest		
Arm		
Waist		
Hips		
Thigh		
Calf		
Weight		

Motivation

Notes

Write down your measurements from Page 1 in the 'start' box and then the measurement you would like to achieve in the 'goal' box. Write down what is motivating you to make this change as a reminder to keep trying alongside any activities/ exercise you want to try to achieve this goal.



Walking Log

Day	Distance	Time
S		
M		
T		
W		
T		
F		
S		

Distance Goals

Weight Lost Target

Notes

Track your walks! Write down the distance you have walked and how long it has taken you so that you can look back on this and see the difference! Write down your target distance for the week (how far you want to walk over the course of 7 days) and also how much weight you would like to lose from this activity (for example, 1 pound- keep it realistic so that you don't become demotivated when you haven't lost a stone in one week).



Exercise Log

Recommended 30 minutes of moderate movement a day
This should be 50% of Maximum HR- To work this out do $220 - \text{age}$

Day	Exercise	Time
S		
M		
T		
W		
T		
F		
S		

Notes

Track your exercises over the course of a week and how long you spent completing it. This will help you to keep track of what you have done over the course of 7 days so that you can feel a sense of pride looking over it all and also to keep yourself accountable.



Weekly Tracker

Sizing	Week 1	Week 2	Week 3	Week 4
Chest				
Arm				
Waist				
Hips				
Thigh				
Calf				
Inches Lost				

Numbers	Week 1	Week 2	Week 3	Week 4
Weight				
BMI				
Weight Lost				

At the end of each week, take your measurements (like you did on page 1) so that you can track your progress. This can also be done by tracking your weight in the bottom table. Just because one table doesn't show a difference, doesn't mean the other table also won't!



Weight loss tracker

starting weight _____					
					Ending Weight _____

Using the scales- either colour each one in for every pound lost or write your new weight in every time you track it.

MONDAY

DATE: _____

TRACK TODAY

	FOODS
BREAK FAST	
LUNCH	
SNACK	
DINNER	

WATER:



NOTE

ONE THING THAT WAS GOOD ABOUT TODAY:

MOOD:



TUESDAY

DATE: _____

TRACK TODAY

	FOODS
BREAK FAST	
LUNCH	
SNACK	
DINNER	

WATER:



NOTE

ONE THING THAT WAS GOOD ABOUT TODAY:

MOOD:



WEDNESDAY

TRACK TODAY

	FOODS
BREAK FAST	
LUNCH	
SNACK	
DINNER	

WATER:



DATE: _____

NOTE

ONE THING THAT WAS GOOD ABOUT TODAY:

MOOD:



THURSDAY

TRACK TODAY

	FOODS
BREAK FAST	
LUNCH	
SNACK	
DINNER	

WATER:



DATE: _____

NOTE

ONE THING THAT WAS GOOD ABOUT TODAY:

MOOD:



FRIDAY

TRACK TODAY

	FOODS
BREAK FAST	
LUNCH	
SNACK	
DINNER	

WATER:



DATE: _____

NOTE



ONE THING THAT WAS GOOD ABOUT TODAY:

MOOD:



SATURDAY

TRACK TODAY

	FOODS
BREAK FAST	
LUNCH	
SNACK	
DINNER	

WATER:



DATE: _____

NOTE



ONE THING THAT WAS GOOD ABOUT TODAY:

MOOD:



SUNDAY

TRACK TODAY

	FOODS
BREAK FAST	
LUNCH	
SNACK	
DINNER	

WATER:



MOOD:



DATE: _____

NOTE













ONE THING THAT WAS GOOD ABOUT TODAY:

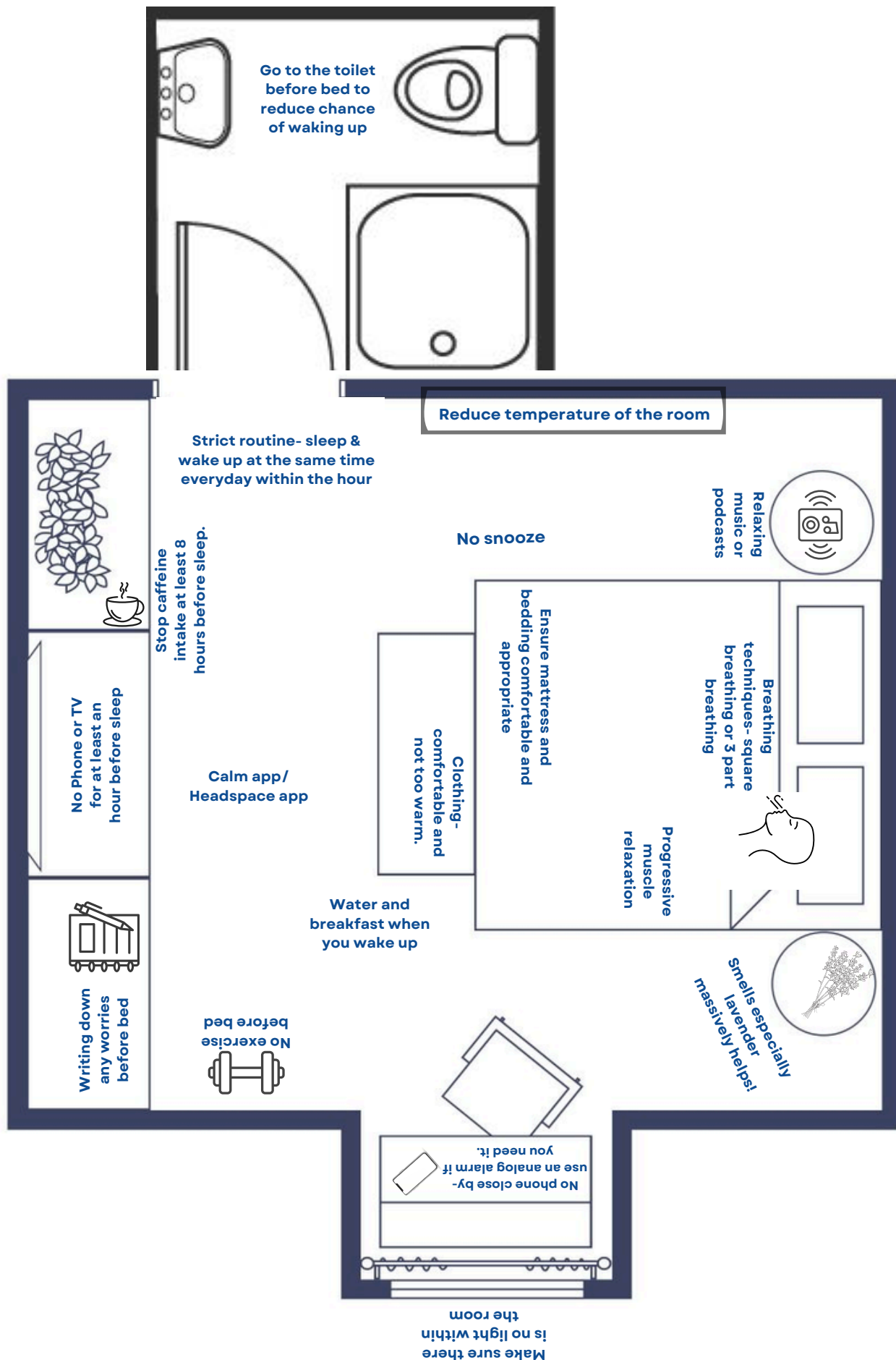
WEEKLY SUMMARY



HEALTHY FOOD ALTERNATIVES

	AVOID	ALTERNATIVES
Breakfast	<ul style="list-style-type: none"> • CHOCOLATE CEREAL • FROSTED FLAKES • HONEY CRUNCH CEREAL • CROISSANTS • CEREAL BARS 	<ul style="list-style-type: none"> • WHEAT BISCUIT CEREAL • SHREDDED WHOLEGRAIN CEREAL • PORRIDGE • WHOLEMEAL TOAST • PLAIN NATURAL YOGHURT WITH FRUIT 
Lunch	<ul style="list-style-type: none"> • PUDDING POTS • CAKE BARS AND CEREAL BARS • MUFFINS AND CHOCOLATE • CRISPS • TINNED SOUP • HAM AND CHEESE SANDWICHES 	<ul style="list-style-type: none"> • PLAIN NATURAL YOGHURT • SUGAR-FREE JELLY • A SLICE OF MALT LOAF OR A FRUITED TEACAKE • FRESH OR TINNED FRUIT • PLAIN POPCORN, PLAIN RICE • CAKES OR RAISINS • HOMEMADE SOUPS 
Dinner	<ul style="list-style-type: none"> • SAUSAGES • PIZZA • SALT AND SOY SAUCE • KETCHUP • BROWN SAUCE • GRAVY • TAKEAWAY 	<ul style="list-style-type: none"> • LOW-FAT MINCE OR MEATBALLS AND SAUCE • DIFFERENT HERBS, SPICES AND SEASONING, LIKE PAPRIKA, OREGANO OR LEMON JUICE • REDUCED-SALT AND REDUCED-SUGAR VERSIONS OF SAUCE 
Snacks	<ul style="list-style-type: none"> • BISCUITS • CHOCOLATE • CAKE BARS • DOUGHNUTS • MUFFINS • CRISPS • SALTED PEANUTS 	<ul style="list-style-type: none"> • FRESH OR TINNED FRUIT • CRACKERS TOPPED WITH LOWER-FAT CHEESE • A BAGEL TOPPED WITH SLICED BANANA • PLAIN POPCORN OR RICE CAKES • UNSALTED MIXED NUTS • CHOPPED VEG WITH LOWER-FAT HUMMUS 
Drinks	<ul style="list-style-type: none"> • FIZZY DRINKS • JUICE DRINKS • MILKSHAKES • WHOLE MILK • ALCOHOL 	<ul style="list-style-type: none"> • WATER • SUGAR-FREE DRINKS • NO-ADDED-SUGAR DRINKS • LOWER-FAT MILKS 

SLEEP TIPS & TRICKS



SLEEP TRACKER

JAN / FEB / MAR / APR / MAY / JUNE / JUL / AUG / SEP / OCT / NOV / DEC



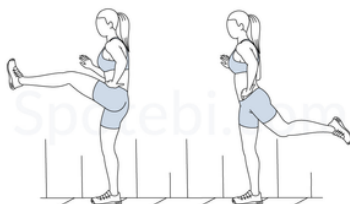
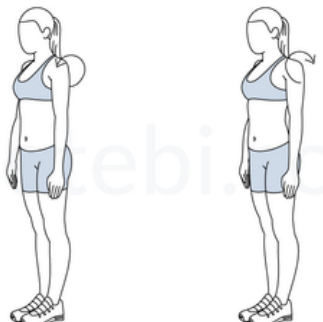
DATE	PM	AM	SLEEP QUALITY	NOTES
1	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
2	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
3	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
4	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
5	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
6	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
7	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
8	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
9	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
10	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
11	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
12	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
13	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
14	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
15	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
16	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
17	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
18	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
19	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
20	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
21	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
22	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
23	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
24	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
25	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
26	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
27	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
28	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
29	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
30	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	
31	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	○ ○ ○ ○ ○	

Circle the time you have slept each night. For example, if you have slept 9:00pm- 8:00am then circle or highlight those times.


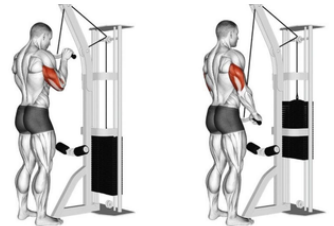



Colour in a circle for how well you feel you have slept (so 1 circle is poor and 5 circle's is excellent)

WARM UP



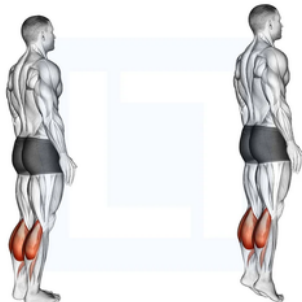

No matter what type of fitness you're zeroing in on, preparing your body for the work ahead is mandatory. A warm up can help you give it your all during a workout and reduce your risk of injury. Everyone has a different preference when it comes to warming up

Examples	Description	Picture
Star Jumps	Jumping to a position with the legs spread wide and the hands going overhead, sometimes in a clap, and then returning to a position with the feet together and the arms at the sides.	
High Knees	Stand with your feet hip-width apart. Lift up your left knee to your chest. Switch to lift your right knee to your chest. Continue the movement, alternating legs and moving at a sprinting or running pace.	
Leg Swings	Keeping your torso tall and straight, swing one leg as far as it will comfortably go in each direction. Keep your leg straight the whole time to focus the movement at your hip. You want to get a full range of motion, but don't force the swing so far that your hips rotate or your back bends.	
Shoulder Rolls	Stand or sit up straight, with your chin slightly tucked. Keep your arms relaxed. All motion will be in your shoulder blades. Roll your shoulders up, then back, then down, and then forward in a smooth, circular motion. Repeat at least 2 to 4 times. Then go the other direction.	


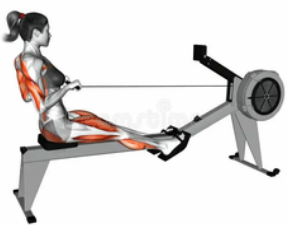


UPPER BODY

Name of exercise	Description	Picture
Bicep Curl	To do a biceps curl with a dumbbell, hold a dumbbell with your palm facing upward. Slowly curl the weight up by bending your elbow, keeping your elbow close to your body. Then slowly lower the weight to the starting position	
Tricep Extensions	To do a triceps extension with a weight machine, start by gripping the bar with your elbows bent and palms facing down. Make sure your elbows are comfortably positioned close to your sides. Slowly push down the bar until your arms are fully extended. Then slowly return to the starting position	
Shoulder Press	<ol style="list-style-type: none"> 1. Sit down and place your back flat against the support, then adjust the seat so that the handles are at shoulder height. 2. Grip the handles and ensure your feet remain planted on the floor. 3. Slowly lift and then lower the handles back to the starting position before starting the next rep. 	
Chest Press	Sitting down, adjust the seat so that your mid chest is in line with the handles. Plant your feet flat on the floor and sit with your back flat against the pad. Grip the handles and then push them forward by extending your arms out, making sure to stop before you lock out the elbows	
Lat Pull Down	It is typically performed seated, facing towards the machine, where you pull a long bar attached to the cable, towards your chest, and then slowly extend your arms back to starting position.	




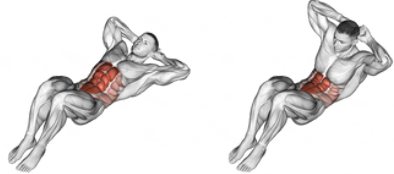
LOWER BODY

Name of exercise	Description	Picture
Quad Extensions	Adjust the machine so that you can sit with your back flat against the support and your knees bent at 90 degrees. The leg pad should be in front of the top of your ankles, feet facing forward. Grip the bars on either side of the seat. Keep your left leg at a 90 degree angle while using your right quad to extend this leg	
Hamstring Curl	First, adjust the machine so your heels rest on the roller pad and the leg pad presses down on the top of your quads when you are sat with your back flat against the chair. To conduct the move, bend your knees and pull your heels in towards your glutes. Once you hit your end range, slowly allow the pad to return back up.	
Calf Raises	Perform calf raises by standing tall with your feet hip-width apart. Lift your body by pushing into the fronts of your feet, activating your calf muscles as you stand on your tiptoes. Return to a regular stance and repeat the movement pattern.	
Weighted glute bridge	With your feet flat on the ground and spread hip-width apart, drop your glutes slowly toward the ground. Lift your hips back up slowly and squeeze the muscles at the top of the movement. You can hold weights or a weighted bag on your hips to add more resistance.	

CARDIO




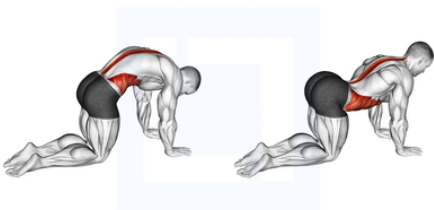
Name of exercise	Description	Picture
Treadmill	When running on a treadmill, run like you would if outside. Keep your back upright, your shoulders relaxed and your core engaged, almost as if a string is at the top of your head pulling you upright. Try to keep your hands off the sidebars so your arms can move with the natural rhythm of your gait but if you need to hold on then feel free to do so!	
Rower	With your back straight, core engaged, and balls of your feet firmly in the straps, push back first with the lower body, then use your upper back to pull hands toward your chest. Release your arms toward the base and bend your knees to glide back to starting position. Think: legs, arms, arms, legs.	
Bike	Before you start your workout, stand next to the bike and adjust the seat so it is at hip height. Then, push your seat back so you can fit your elbow to the tip of your hand in between the seat and the handlebars. Finally, you should make sure the leg closest to the floor isn't locked out or too bent.	
Elliptical	Pedaling in a forward motion makes it easier to balance and simulates real movements. Stand upright on the machine and do not lean forward or backward. You should be able to balance without leaning the handles for support. Avoid gripping the handles too tightly. Look straight ahead.	

CORE





Name of exercise	Description	Picture
Plank	Lie face down, then lift your body on your elbows and toes. Keep your body in a straight line from head to heels. Hold this position, engaging your core muscles.	
Deadbugs	Lie on your back with your arms extended towards the ceiling. Lift your legs, knees bent at 90 degrees. Lower the opposite arm and leg towards the floor, then switch sides.	
Sit Ups	Lie on your back, knees bent, feet anchored. Fold your arms across your chest. Curl your upper body all the way up towards your knees, then slowly back down.	
Crunches	Lie on your back with your knees bent and your feet flat on the ground. Place your hands behind your head. Curl up and forward so your head, neck, and shoulder blades lift off the floor.	

COOL DOWN

Cooling down helps your body recover gradually after exercise, removes waste products, reduces muscle stiffness, and aids in relaxation and mental transition. Skipping them increases injury risk and hinders exercise benefits.

Examples	Description	Picture
Quad Stretch	Bend your top leg, and reach behind you to grab the front of that foot or ankle with your other hand. Stretch your leg back by pulling your foot toward your buttock. You will feel the stretch in the front of your thigh. Hold the stretch for at least 15 to 30 seconds.	
Hamstring stretch	Extend your legs out in front of you, with your heels on the floor and your toes pointed up. Sit up nice and tall. Keep your chest up and your spine long as you slowly lean forward, bending at the hips until you feel a stretch in the back of your thigh.	
Shoulder Stretch	Hold the elbow of your affected arm with your other hand. Use your hand to pull your affected arm gently up and across your body. You will feel a gentle stretch across the back of your affected shoulder. Hold for at least 15 to 30 seconds, then slowly lower your arm.	
Cat Cow	Keep your hands shoulder-width apart and your knees directly below your hips. Inhale deeply while curving your lower back and bringing your head up, tilting your pelvis up like a "cow." Exhale deeply and bring your abdomen in, arching your spine and bringing your head and pelvis down like a "cat." Repeat.	

CHAIR WORKOUTS

Name of exercise	Description	Picture
Chest Stretch	<p>Sit upright and away from the back of the chair. Pull your shoulders back and down.</p> <p>Extend your arms out to the side.</p> <p>Gently push your chest forward and up until you feel a stretch across your chest.</p> <p>Hold for 5 to 10 seconds and repeat 5 times</p>	
Upper-Body Twist	<p>Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds. Repeat on the right side. Do 5 times on each side</p>	
Hip Marching	<p>Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control. Repeat with the opposite leg.</p>	
Neck Rotation	<p>Sit upright with your shoulders down. Look straight ahead. Slowly turn your head towards your left shoulder as far as is comfortable. Hold for 5 seconds and return to the starting position. Repeat on the right. Do 3 rotations on each side.</p>	

BLOOD PRESSURE TIPS & TRICKS

Take prescribed
medication appropriately

Healthy Diet

Cut down salt intake

Stress
Management

Manage Weight

Increase Exercise

Reduce alcohol
intake

Cut back on caffeine



Smoking cessation



BLOOD PRESSURE LOG

NAME: _____ MONTH: _____
:

DATE	AM	PM	TOOK MEDS (Y/N) IF REQUIRED	NOTES

If you are required to take your BP, use this sheet to record the data and also to track if you have taken your blood pressure medication (if prescribed).

SMOKING CESSATION

WHAT ARE YOUR STOP SMOKING OPTIONS?

You don't have to go it alone, there are tools and services to help you succeed. For the best chance of success, get support from your free local stop smoking services.

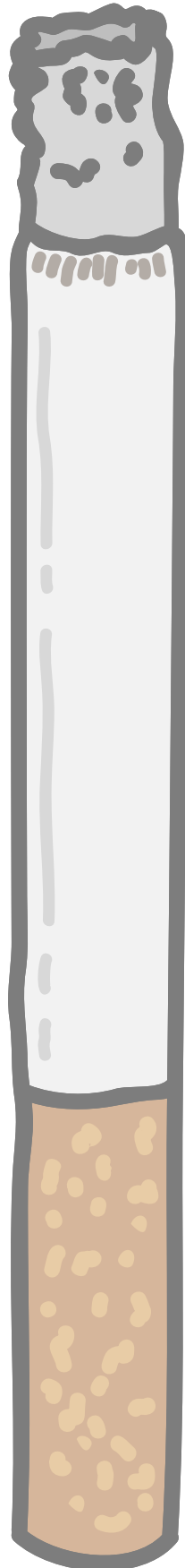
- Nicotine replacement therapy like patches, gum, and sprays.
- Switching to e-cigarettes.
- Prescription medicines

BENEFITS OF QUITTING:

- Cut your cancer risk.
- Lower your risk of lung and heart conditions.
- Feel healthier.
- Improves mental wellbeing.
- Protect friends and family from second-hand smoke.
- Healthier appearance.
- Save money.

SERVICES TO HELP YOU IN BURNLEY:

- Smoke free Lancashire- Visit their website or call 0808 196 2638
- Smoke free national help line 0300 123 1044
- Visit the NHS Website



WITHDRAWAL SYMPTOMS:

Nicotine is an addictive substance so quitting can cause symptoms such as:

- Feeling depressed, anxious, irritable, or hungry.
- Poor concentration
- Poor sleep at night
- Feeling sick
- Feeling unwell
- Headaches

TIPS TO STOP FOR GOOD:

- Decide when to do it and stick to the plan.
- Be prepared.
- Ask for help.
- Tell people you're stopping to help encourage you.
- Keep trying.
- Focus on why you want to quit.
- Change your routine to break habits.
- Keep your mind and hands busy.

FREE NHS STOP SMOKING APP

Use the NHS Quit Smoking app this 2025 to help you quit smoking and start breathing more easily. The app allows you to:

- track your progress
- see how much you're saving
- get daily support
- get inspired by others

Once you reach 28 days smoke-free, you're much more likely to quit for good!

WHAT HAPPENS WHEN YOU QUIT SMOKING?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.



AFTER 20 MINUTES

Check your pulse rate, it will already be starting to return to normal.



AFTER 8 HOURS

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



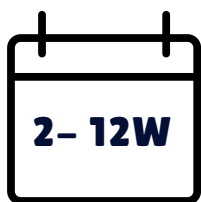
AFTER 48 HOURS

Your carbon monoxide levels have dropped to that of a non-smoker. Your lungs are clearing out mucus and your senses of taste and smell are improving.



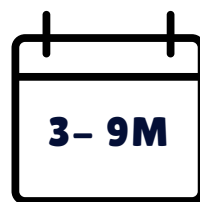
AFTER 72 HOURS

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



AFTER 2-12 WEEKS

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



AFTER 3-9 MONTHS

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%



AFTER 1 YEAR

Great news! Your risk of heart attack will have halved compared with a smoker's.



AFTER 10 YEARS

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

ALCOHOL CESSATION

5 SIGNS THAT YOU ARE DRINKING MORE THAN YOU SHOULD:

- Increased tolerance to alcohol.
- Drinking alone or in secret.
- Neglecting responsibilities.
- Difficulty with moderation.
- Relieving stress with alcohol.

HOW IS ALCOHOL DAMAGING YOUR BRAIN?

- Alcohol causes brain shrinkage- this affects decision-making, inhibition, problem-solving, and judgement.
- Alcohol causes chemical changes in the brain which can lead to mental deficits.
- Most people think that alcohol helps them to feel more 'care free' when in reality your brain is entering its fight or flight stage which is what causes the anxiety the next day.

SERVICES TO HELP YOU QUIT:

- Inspire- visit their website to self-refer now or call 01254 495 382
- Red Rose Recovery- visit the website to self-refer or call 01772 821 440



AFTER 1 WEEK:

- (For every 6 glasses of wine)
 - 960 calories saved.
 - Sleeping patterns will be less disrupted.
 - Increased hydration with can lessen headaches and improve organ function.



AFTER 3 WEEKS:

- (For every 6 glasses of wine)
 - 2,880 calories saved.
 - Your blood pressure will begin to reduce.
 - Improvements in vision as alcohol slows down the communication between the eyes and the brain.



AFTER 2 WEEKS:

- (For every 6 glasses of wine)
 - 1,920 calories saved.
 - Digestive symptoms will be reduced.
 - Increased levels of energy.
 - Less stress and anxiety.



AFTER 4 WEEKS:

- (For every 6 glasses of wine)
 - 3,840 calories saved.
 - Hydrated-looking skin.
 - Reduced dandruff and eczema as more water will be absorbed into the body.
 - Improved liver functioning.

WHY TO LIMIT SCREEN-TIME

HEALTHIER WEIGHT

Research has shown that children and adults exposed to nature have lower rates of obesity. That makes sense, as being outside allows for more activity and movement during the day. But being out in nature also lowers cortisol and blood sugar levels - factors that can lead to obesity.

SUNSHINE AND VITAMIN D

One of the biggest preventative health care issues is making sure you get enough vitamin D. Vitamin D deficiency is believed to be associated with increased rates of cancer, heart disease, depression, osteoporosis and other diseases. While some foods and supplements can help you get the vitamin D you need, exposure to sunlight - especially in summer's midday hours - is another effective option.

HAPPINESS AND DECREASED RISK OF DEPRESSION

Activities help to elevate your mood. It creates awareness in your eyes, your ears and all of your senses. This exercises your body and mind while feeding your imagination. Many times people can walk farther and faster outside than they normally do on treadmills, thereby compounding the benefits.

DECREASE STRESS

Spending time outdoors makes us happier, healthier and more at peace. Put down your phone, step away from the computer and enjoy the fresh air, birds chirping and sights and smells of plants in the natural world.

