

HEALTH MATTERS

WANT BETTER HEALTH THIS YEAR?

If having better health is one of your New Year's resolutions, there are lots of simple things you can do which could make a big difference. Here are some ideas to get you started:

- Check your portion size – even a small change in how much you put on your plate can help if you're trying to manage your weight.
- Watch what (and how much) you drink – alcohol or sugary drinks can impact your energy levels and add extra calories to your daily diet.
- Increase your sleep – try going to bed five minutes earlier each night to improve when (and for how long) you get to sleep.
- Build exercise into your day – walk rather than drive when you can and join the kids when they're playing outside.
- Quit smoking. Call the local stop smoking service on 0800 200 249.
- Use a smaller dinner plate – your meal will seem bigger and you'll feel fuller more quickly.
- Water, water, water – drinking plenty of water helps increase energy levels and clears your body of toxins. Add some flavour with lemon juice, mint leaves or cucumber.
- Eat like a kid – if you're not a fan of fruit and vegetables, try fruit kebabs or vege sticks and dip to make them more appealing.
- Take charge – sign up to a free self-management course for more ways to improve your overall health and wellbeing.

For more information visit, www.manageme.org.nz or www.healthnavigator.org.nz

IS YOUR HEART 'WARRANT OF FITNESS' UP-TO-DATE?

Would you pass the test?
How do you know?

**Take charge – act now!
Get your Heart WOF today!**

All you need to do is phone to make an appointment to see your practice nurse.

For some patients, a follow-up appointment with your GP may be necessary.

National 'Big Heart' Street Appeal is on 22/23 February to raise funds for Heart Research.

For more info, visit www.heartfoundation.org.nz

Had a check up lately?

If you haven't had a medical check up in a while, add it to your New Year 'to do' list. Call your general practice to make an appointment to see a doctor or practice nurse.

1

Home
(Self Care)

UNWELL OR INJURED?

Where should I be?

2

General
Practice (GP)
& After Hours

- Call Healthline 0800 611 116 – for free medical advice 24hrs/day.
- Home for rest, regular fluids and pain relief, if required.
- Talk to your pharmacist – they are a good source of information.
- Contact your general practice team first.
- For urgent or after hours care, contact your general practice in the first instance for advice. Or visit the Whanganui Accident & Medical (WAM) service located at Whanganui Hospital. Open every day from 8am-9pm.
- Emergency Department for emergencies.

3

Emergency (ED)

