

## KNOW YOUR NUMBERS

30 30 30 30 30

There are many health benefits to keeping active so aim for at least 30 minutes of physical activity 5 days a week. For ideas visit:

[www.getirelandactive.ie](http://www.getirelandactive.ie)



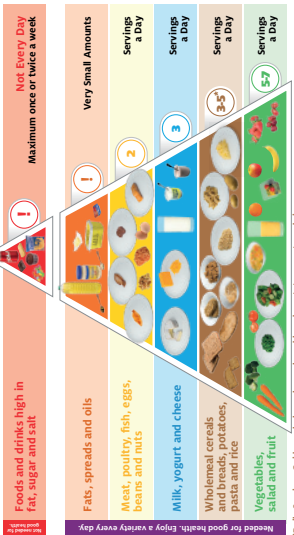
# QUIT

Don't Smoke and if you do, quitting smoking is the best thing you can do to improve your health.

YOU can Quit and WE can help.

Call 1800 201 203  
[www.quit.ie](http://www.quit.ie)

### THE FOOD PYRAMID



## HSE DRUG AND ALCOHOL HELPLINE

1800 459 459

The HSE Drugs & Alcohol helpline provides support, information, guidance and referral to anyone with a question or concern.



## SIT LESS MOVE MORE

Try to avoid sitting for long periods at any one time. At work, at home or leisure be conscious of the length of time you are sitting. Get up and stand, stroll and/or stretch to break up long periods of sitting.



Think about how you live your life and reflect on your current lifestyle behaviours. Do you eat healthy? Do you keep active? Do you drink alcohol and if you do, do you drink too much? Do you smoke?

A change to how you live your life can reduce your chances of developing diabetes, cancer, heart and lung disease and other forms of ill-health. Knowing your numbers will help give you a sense of how healthy you are.



## KNOW YOUR NUMBERS



## BODY MASS INDEX



UNDER <18.5    HEALTHY 18.5 - 24.9    OVER 25 - 29.9    OBESE >30

**HEALTHY BMI**  
18.5 - 24.9

## WAIST MEASUREMENT



NO MORE THAN



80cm



94cm

## CHOLESTEROL



**5.0**  
OR LESS

## BLOOD PRESSURE



NORMAL

**120 / 80**

## SUGAR LEVEL



FASTING BLOOD TEST

**5.6**  
OR LESS

## ALCOHOL



NO MORE THAN



11

STANDARD  
DRINKS  
PER WEEK



17

STANDARD  
DRINKS  
PER WEEK

<6 STANDARD DRINKS ON  
ANY ONE OCCASION

## PHYSICAL ACTIVITY



**30**  
MINUTES  
A DAY

**5**  
DAYS  
A WEEK

## FRUIT & VEGETABLES



**5 - 7**  
DIFFERENT  
PORTIONS DAILY