

Location	Day	Time
Beaumont Leys Library Beaumont Way LE4 1DS	Mondays	10am
Hamilton Library 20 Maidenwell Avenue LE5 1BL	Mondays	11.30am
Belgrave Neighbourhood Centre Rothley Street LE4 6LF	Tuesdays	10.30am
Highfields Library 98 Melbourne Road LE2 0DS	Wednesdays	11am
Braunstone, B inspired Neighbourhood Support Base Gallards Hill, LE3 1QR	Thursdays	10am
Aylestone Leisure Centre Saffron Lane LE2 6UD	Thursdays	12.30pm
Town Hall Square Town Hall Square LE1 9BG	Fridays	12.30pm

**All walks are free to attend for all age groups.
Register on the day or call 0116 454 4000**

Do you want to lose weight or simply eat healthier?

A healthy diet simply means eating a variety of foods in the correct portions. This can help to maintain a healthy body weight which helps to reduce the risk of several health conditions including heart disease, stroke, cancer and diabetes.

To have a healthy balanced diet we should aim to:

- **Eat at least 5 portions of a variety of fruits and vegetables everyday**
- **Base meals on high fibre starchy foods such as bread, potatoes, rice or pasta**
- **Include some dairy or dairy alternatives**
- **Eat beans, pulses, fish, meat, eggs and other proteins**
- **Eat a small amount of unsaturated oils and spreads**
- **Aim to drink 6-8 glasses of fluids (not alcohol) every day**

Do you want to get more active?

Adults should aim to be physically active every day. Any activity is better than none, and more is better still. Being more physically active can have immediate health benefits, both physically and mentally.

If you are inactive and have a long-term health condition our team of Healthy Lifestyle Advisors can support you to build regular activity into your day and offer additional healthy lifestyle advice on what you eat, drink and more.

Our team of Advisors deliver a whole variety of group-based exercise classes that will support you to lead a healthier and more active lifestyle.

To find out more speak with your GP or Healthcare professional for a referral or contact the Live Well team.

Do you want to reduce your alcohol consumption?

The NHS recommends not drinking more than 14 units of alcohol per week and that you spread this out across the week with a few alcohol-free days.

If you regularly drink more than the recommended guidelines you are putting your health at risk.

On the Live Well Leicester website you will find some useful links to services and online unit calculators that will help you to reduce the amount of alcohol you are drinking.

If you are worried about the amount of alcohol you are drinking then please get in touch and we can refer you to the most appropriate support services.

Are you thinking about stopping smoking?

It doesn't matter how long you have been smoking for or how many cigarettes you smoke a day, quitting can have immediate benefits on your health.

Or if you don't think you will ever want to stop smoking, think about switching to vaping. Vaping is significantly less harmful than smoking as it doesn't contain tar or carbon monoxide.

We are a 'vaping friendly' service and can offer information and support if this is something that you are interested in.

However you choose to quit, the team can guide you through the variety of different methods available to you.

Support from our highly experienced advisors will give you the best possible chance of making a successful quit attempt to improve your health.

Visit the Live Well Leicester website for more help and advice on how to improve your health. We can also refer you to specialist support services.

-  **Live Well Leicester**
-  **Live Well Leicester**
-  **0116 454 4000**
-  **livewell@leicester.gov.uk**
-  **livewell.leicester.gov.uk**

