



## Healthy Living in Orkney Information Sheet



Most people know that they could be healthier if they ate differently, were more active and perhaps stopped smoking. It is not easy to make these changes on your own. This sheet gives you advice on where to find help on healthy lifestyles

Further information on healthy living is available from telephoning **0845 278 8878** or [www.healthyliving.gov.uk](http://www.healthyliving.gov.uk) and you can ask for one or more of the following packs:-

- **HEALTHY EATING PACK**  
Eating for Health  
Recipe Cards  
Ten Tips for Food Safety  
5 Leaflets on Sugars, Fats, Salt, Labels and Labelling Claims
- **PHYSICAL ACTIVITY PACK**  
Hassle Free Exercise  
Getting Fitter is Easier Than You Think  
Walk More Feel the Difference
- **WEIGHT MANAGEMENT PACK**  
Small Changes, Big Benefits  
The Little Book of White Lies  
Active Living: Helping Yourself to Lose Weight

Extra leaflets are also available on:

Help Yourself to Reduce the Risk of High Blood Pressure  
Keep Active During and After Pregnancy  
Help Yourself to Lose Weight  
Get You and Your Family Moving

Recipe Cards  
From Milk to Family Meals  
Is Your Child a Fussy Eater



### For further information on local activities contact:-

Community Education – for details of short courses/activities on offer  
Orkney Islands Council  
School Place  
Kirkwall  
Orkney  
Tel. 01856 873535

