

HEALTH ACTION CAMPAIGN

because prevention is better than cure

Why bother to change?

For some of us, thinking about the negative consequences of an unhealthy lifestyle can be enough to prompt action. For example, understanding the risk of lung cancer might prompt some of us to quit smoking. However, this doesn't work for everyone.

If thinking about negative consequences – such as increased risk of disease – makes you anxious instead of motivated, try thinking about the simple day-to-day benefits that you'll see almost immediately if you change for the better. For example:

Eating a healthy diet means better looking skin, hair and nails, improved bowel health and more energy.

Quitting smoking means you'll save money, have better smelling breath and clothing, have younger looking skin and more attractive teeth, and be able to walk and run without getting breathless.

Drinking less alcohol means you'll save money on alcohol and taxis, have increased energy and concentration, and be less likely to embarrass yourself on a night out.

Getting fit means lower stress levels, increased happiness, weight loss, better flexibility, and reduced impact from the effects of ageing.

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