

Top Tips: Women's Health.

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1. **Manage your weight** – Aim for a Body Mass Index (BMI) between 18.5 and 24.9. Regardless of your height or BMI, you should try to lose weight if your waist is 80cm (31.5ins) or more as this can lead to more health problems.
2. **Don't smoke** – Smoking can cause heart disease, cancer and stroke.
3. **Drink sensibly** – No more than the recommended 14 units per week.
4. **Take regular exercise** – Exercise boosts both your physical and mental wellbeing and helps you live longer. Aim for 30 minutes of moderate intensity exercise five days per week.
5. **Eat healthily** – Eating a balanced diet with a minimum of 5 portions of fruit and vegetables each day.