



**Small steps for
a healthier life**

Physical activity

What is your level of physical activity?

- How many times per week do you usually do at least **30 minutes of moderate physical activity?** (brisk walking, cycling at an easy pace, doing household chores, etc.)

Points

- 0 Never
- 1 1-2 days per week
- 2 3-4 days per week
- 4 5 or more days per week

POINTS

- How many times per week do you usually do at least **20 minutes of vigorous physical activity?** (such as running, aerobics, weights, active sports, etc.)

Points

- 0 Never
- 2 1-2 days per week
- 4 3 or more days per week

POINTS



POINTS

Your result

- 4 or more points**

Great! Keep it up and make sure to take breaks from time sitting down.

- 0-3 points**

Your level of physical activity could be better. Making small changes like using stairs/walking more often or a regular physical activity you enjoy can help you improve your health!

Physical activity

Practical tips to be more active

- ✓ Look for moments to **move in your daily routine**, walk during your commutes, and use the stairs instead of the elevator. **Every step counts!**
- ✓ Find an **activity you enjoy** (dancing, cycling, hiking...) and **share it** with others. It's easier to stick with something you enjoy!
- ✓ Plan your activity routine and set **realistic goals**. What's important is to be consistent and keep improving.
- ✓ Not **smoking** and not drinking **alcohol** will give you more energy and improve your physical performance.
- ✓ To improve your physical fitness and increase muscle mass, combine physical activity with a **healthy diet**.



Do you spend too much time sitting?



Standing up once every hour has great benefits for your health. You can set an alarm to take a break, walk while talking on the phone, or use breaks to move.

Eating habits

General recommendations for healthy eating

Your answer 

- Vegetables:** at least 2 servings daily, both at lunch and dinner.
- Fresh fruit:** at least 3 pieces per day.
- Whole grains** (bread, pasta, potatoes...): at every meal.
- Nuts** (raw or roasted): 3-7 handfuls per week.
- Milk, yoghurt, and cheese:** 1-3 times per day.
- Legumes, eggs, fish, and meat:** no more than 2 servings per day, alternating:
 - Legumes:** 3-4 times per week.
 - Eggs:** 3-4 times per week.
 - Fish:** 2-3 times per week.
 - Meat:** 3-4 times per week (no more than 2 meals with red meat - beef/pork/lamb).
- Water:** this is the best option.
- Virgin olive oil:** for dressing and cooking.
- Unhealthy products** (sugary and energy drinks, pastries and cakes, sugary cereals, sweets, potato chips, sugary dairy desserts, ready-made meals, etc.): the less, the better.
- Think about sustainability:** try to buy foods in bulk, minimally processed and seasonal items.



Your result

- If you follow most of these recommendations**
Great! Keep going with these good habits and continue enjoying the benefits of a healthy diet.
- If you don't follow some of these recommendations**
Small changes, like adding more fruit and vegetables to your meals or switching sugary drinks for water, can make a difference.

Eating habits

Practical tips for a healthier diet

- ✓ **Planning meals** and grocery shopping (e.g. for a week ahead) will help you follow a healthier diet.

- ✓ Prioritize **fresh or minimally processed**, seasonal, and local foods, and avoid ultra-processed products.



- ✓ **Water** is always the best option.



- ✓ Whenever you can, **share meals with others**, without screens, and enjoy your food calmly.

- ✓ Being **physically active** improves the metabolism of sugar and fats.



- ✓ Not **smoking** and reducing **alcohol** consumption will help you better appreciate the taste of food and improve digestion.



When should you pay special attention to your diet?



- ✓ During **pregnancy and breastfeeding** it's important to eat healthily and avoid risky foods.



- ✓ For **children and adolescents**, adopt a healthy diet to establish a healthy relationship with food and for balanced growth.



- ✓ For **older people**, ensure a sufficient intake of nutrients (protein, fiber, water...).



- ✓ If you have an **illness** adapt your diet with the support of a health professional.

Alcohol



Is your alcohol consumption above risk levels?

- How often do you have a **drink containing alcohol**?

Points

- 0 Never
- 1 Monthly or less
- 2 2 to 4 times per month
- 3 2 to 3 times per week
- 4 4 or more times per week

POINTS

- How many drinks containing alcohol do you have on a typical **day of drinking**?

Points

- 0 1 or 2
- 1 3 or 4
- 2 5 or 6
- 3 7 to 9
- 4 10 or more

POINTS

- How often do you have **six or more drinks** on one occasion?

Points

- 0 Never
- 1 Less than monthly
- 2 Monthly
- 3 Weekly
- 4 Daily or almost daily

POINTS

POINTS

Your result

- Less than 5 points**

Your level of drinking seems to be below risky levels, but reducing it further, or cutting alcohol out completely, will improve your health.

- 5 points or more**

Your alcohol consumption may pose a risk to your health. Reducing your intake can bring immediate benefits!

Alcohol

Practical tips to reduce your consumption

- ✓ The risk is lower if you **avoid heavy drinking** and binge drinking, set at least two alcohol-free days per week and set a limit in advance that does not exceed the low-risk thresholds.

Women

10 grams alcohol/day



1 shot
(40%) 30 ml



1/2 glass
of wine
(10%) 125 ml



Small beer
(5%) 250 ml



Men

20 grams alcohol/day



2 shots
(40%) 60 ml



1 glass
of wine
(10%) 250 ml



1 large
beer
(5%) 500 ml



- ✓ Break **routines** with alcohol, and avoid associating alcohol with **rewards**.
- ✓ **Physical activity** can help you relax.
- ✓ If you drink when you go out, make small changes like choosing **drinks with lower alcohol content** or **alternating with non-alcoholic drinks**.
- ✓ **Not smoking** and paying attention to your **diet** can help you maintain the goal you set for yourself to drink less.

In which situations should alcohol consumption be zero?



GOING TO DRIVE



BREASTFEEDING



PREGNANCY



PRECISION WORK



MINOR



CERTAIN MEDICATIONS AND ILLNESSES



HIGH-RISK ACTIVITIES



CAREGIVER

Tobacco

Do you smoke or are you exposed to environmental smoke?

Your answer

— **Do you smoke or have you ever smoked?**
(including conventional cigarettes or other forms of smoking)

- No, I've never smoked
- No, I'm a former smoker (I haven't smoked for over a year)
- No, I'm quitting (I haven't smoked for less than a year)
- Yes, I smoke occasionally
- Yes, I smoke every day

— Are you exposed to **environmental smoke** from other people's smoking?

- Not at all
- Yes, a little
- Yes, quite a bit



Your result

- You've never smoked**
Congratulations! Staying smoke-free is the best thing you can do for your health, and you'll do even more for your health by avoiding environmental tobacco smoke.
- You're quitting or you're a former smoker**
Congratulations on your effort, keep it up! Also, remember to avoid environmental tobacco smoke. Think about the benefits you can get: healthier skin, improved sense of smell, taste, and easier breathing.
- You smoke occasionally**
Even if you smoke occasionally, tobacco always harms your health. It's always a good time to quit for good!
- You smoke every day**
Quitting smoking is the best decision you can make. The first days can be hard, but there are treatments and professional support that can help you.

Tobacco

Practical tips to achieve a smoke-free goal

- ✓ **Make** a list of your **reasons for quitting**.
- ✓ **Choose the day**. Quitting in one go is more effective than reducing gradually.
- ✓ Change **routines associated with tobacco** and reduce caffeine consumption.
- ✓ Find **activities you enjoy! Exercising**, relaxing, or having a hobby will help you manage cravings.
- ✓ **Sharing the process** with someone else who also wants to quit can make it easier.
- ✓ If you drink **alcohol**, reducing it will help you stay off the cigarettes.
- ✓ Prioritize **water** as your preferred drink and take care of your **diet**.
- ✓ Your **primary health centre** can help you and, if needed, provide you with medication.



Is only conventional tobacco harmful?

No! Heated tobacco, electronic cigarettes, vaping, and nicotine pouches also pose risks to your health and keep the cravings going longer. **Avoiding them is just as important!**



Did you know...?

- ✓ **Tobacco smoke** clings to the environment, and its toxins remain in the air and on surfaces long after the cigarette is extinguished.
- ✓ **Tobacco products** are among the biggest pollutants, causing deforestation, high water consumption, and a large amount of microplastics.

Nutrition, physical activity, alcohol consumption, and tobacco have a direct impact on your well-being



Small changes in your lifestyle lead to **better health in many ways:**

- ✓ You will **reduce the risk of diseases** such as diabetes, cardiovascular diseases, and many cancers.
- ✓ It will help you **maintain a good mood**, better self-esteem, and feel more energetic.
- ✓ You will strengthen your body and **improve your physical well-being**.

It may seem like a big step – it's normal to have doubts or feel nervous – but every small change can make a difference.

Take a step toward better health!

How can you make it easier?

- ✓ Think about the **reasons to change**: What are the risks of continuing with the same habits? What will you gain by changing?
- ✓ What **obstacles** do you anticipate? How can you overcome them if they arise?

If you've tried before, don't get discouraged – an attempt is also an opportunity to learn: What worked and what didn't?

Take the first step!

- ✓ Choose a date to make the change and plan the process.
- ✓ Share your decision with others to help you stay motivated.
- ✓ You don't have to do it perfectly – it's a process, and every effort counts.

Answer these questions to find out if there's any health aspect you could improve!

For more information on how to make a change:
<https://gestor.sumasalut.org/api/arxius/8426>

At your primary health centre, you'll find support and resources to help you.

PEACHD

[www.https://peachd4health.eu/](https://peachd4health.eu/)

The PEACHD Project is (co-)funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or HaDEA. Neither the European Union nor the granting authority can be held responsible for them.



**Co-funded by
the European Union**