

News release

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For immediate release

Be realistic about resolutions for 2012

The decorations are down and the festivities have finished but the local NHS can help you to stick at New Year's resolutions.

This is the time of year where resolutions get made and broken within a matter of days but a number of services from the local NHS can help to make sure new goals stay on track.

The Leicester, Leicestershire and Rutland PCT Cluster offers a number of services in partnership with the local councils. These include healthy lifestyle clubs, a stop smoking service, an alcohol and drugs service and activity clubs for adults, children and families.

Stephanie Dunkley, public health principal for healthy weight, speaking on behalf of the PCT Cluster, said: "A few simple changes can get you on the right route to a healthy you in 2012. In this Olympic year, make a pledge to be more active and join a fitness group with friends or family so you can spur each other on.

"Walk and cycle for fun and to travel to work and school. Keep to recommended alcohol unit consumption which is two to three units per day for women and three to four units for men, with a couple of alcohol free days). Make small changes to your diet by swapping sugary snacks and crisps for healthy options including lots of fruit and vegetables and managing portion sizes. Research shows that people who have support from services like STOP! are also more successful in their resolution to stop smoking."

Carla Broadbent, physical activity officer at Leicester City Council, said: "There are so many opportunities out there for people to get fitter in 2012, activities you can do that don't cost a penny. Here in the City we have plenty of parks and open spaces right on people's doorsteps. So why not take advantage of this and go for a gentle walk, a steady run or even pack a bag of outdoor games and take all the children along too, these are ideal places for people to kick start their New Year's regime."

For more information people can visit the county or city websites at www.lcr.nhs.uk or www.leicestercity.nhs.uk. People can also check out the councils websites for ideas on where to walk this winter, www.leicester.gov.uk or www.leics.gov.uk.

ENDS

For interviews or more information please contact media officer Liz Thomas on 0116 295 7677 or liz.thomas@leicestercity.nhs.uk.

Notes to editor:

In October 2010 NHS Leicester City and NHS Leicestershire County and Rutland joined forces to form a 'cluster', in line with the requirements of the Department of Health. Although we share one Cluster Board and our staff work across the city and county

boundaries, we have not legally merged, and retain our separate statutory duties. Together we serve a population of more than a million people. Cluster formation is an interim stage in the reform of the NHS, involving on-going transfer of most local commissioning functions to GP-led clinical commissioning groups, in line with the Health and Social Care Bill, now before Parliament and the House of Lords.