

# The four things you can do to prepare for your hospital care or treatment

## Increase your level of physical activity



### WHY?

Increasing your physical activity levels before going into hospital will make any procedure you have more successful and reduce your recovery time.

Being active for just 10 minutes per day can boost your energy, clear your head and lift your mood.

### HOW?

Visit <https://www.nhs.uk/better-health/get-active/> for a range of help for different levels of activity.

## Achieve a healthy weight



### WHY?

Excess weight can put you at a higher risk of certain complications following hospital treatment.

Thousands of people every year in our area get help from the NHS to lose weight, reducing their risks of disease and feeling happier.

### HOW?

Ask your GP to refer you to a free programme which can help you lose weight and eat a healthy diet.

## If you smoke, quit



### WHY?

Quitting smoking is good for you at any time, but especially if you are about to have some form of treatment – current smokers generally have worse outcomes in hospital.

You are three times more likely to quit if you get advice and nicotine replacement therapy from a trained advisor.

### HOW?

Visit [www.nhs.uk/better-health/quit-smoking/](http://www.nhs.uk/better-health/quit-smoking/) to find your local stop smoking service.

## Lower your blood pressure



### WHY?

People with healthy blood pressure generally need to stay in hospital for a shorter period of time. There are simple ways to lower your blood pressure through lifestyle changes, and for some people through medication.

### HOW?

If you are over 40 and you've not been told you have high blood pressure, you can visit your local Community Pharmacy for a free blood pressure check. People with high blood pressure can visit [www.bhf.org.uk/information-support/risk-factors/high-blood-pressure](http://www.bhf.org.uk/information-support/risk-factors/high-blood-pressure)