

## HEALTH Vs DISEASE

### Healthier Choices Vs Your Risk Factors

### Your Lifestyle in Balance

#### Make Informed Choices ...

- Balanced eating choices and weight control
- Your daily activities need to be adapted to your overall physical & cognitive capacity
- Maintain optimum functional skills that integrate the physical, cognitive & social aspects of your wellbeing
- Balance your abilities versus limitations (*if diagnosed with a health condition*)
- Try to organise your interests or vocational pursuits in balance with the leisure
- Enjoy your social wellbeing, circle of friends, family or peer support
- Put your life into perspective regardless of the daily challenges

### The factors you can change

#### Are you at risk?

Poor eating habits  
Overweight - BMI over 25  
Frequently tired, stressed and out of focus

Sedentary lifestyle  
Low physical activity levels  
Low self-esteem & poor confidence  
Poor general health  
Poor coping with chronic pain or illness  
Depressed or isolated  
Poor coping with daily challenges  
Smoking or misuse of alcohol

#### Your choices and action plan

- Make healthier eating choices
- Increase physical activity and less food
- Identify causative factors/ develop your coping strategy & maximise resilience
- Become more active in daily life
- Physical management plan could help
- Develop confidence building strategy
- Your GP can refer you to health groups
- Target-specific activities could help
- Support groups can prove beneficial
- Support to develop your coping plan
- Your GP can refer to a support group.

### The factors you cannot change!

#### Your Genes

- Genetic predispositions to the development of illness.
- A history of family illness such as: heart condition, strokes, hypertension, asthma, cancer, diabetes, osteoporosis, arthritis etc. can influence the onset of symptoms that lead to development of the disease.

Making informed choices in your lifestyle, being proactive, eating a balanced diet, maintaining your BMI below 25 and regular check-ups with your GP, can help you remain in control over your general health, wellbeing and independence for much longer.