



## **Healthy Norwich – Working together to be a healthy community**

### **Personal Pledges**

Below is a list of suggested pledges that as an individual you could sign up to. This might be something you already do or would like to change for the future.

#### **Physical Activity**

- I will walk more by getting off the bus a stop earlier, or park further away from where I'm going
- I'm going to walk for a least 20 minutes (about one mile) every day
- At least two of my evenings every week will be doing something active
- I'm going to take up a new hobby that gets me up and about regularly
- I'm going to sign up to a new exercise class – and keep going!
- I'm going to get moving – for at least two and a half hours a week, this can be broken down to 20 minutes a day.

#### **Diet, nutrition and healthy weight**

- I'm going to swap my usual snack for a healthier option (e.g. getting my crunch from carrot sticks instead of crisps)
- I'm going to try a new fruit or vegetable every week
- I won't drink any more than two glasses of sugary drinks in a day
- I'm going to aim to work towards getting my 5-a-day of fruit and vegetables (fresh, frozen, canned, dried and juice)
- I will make more of my meals from scratch each week

## **Education, training and employment**

- I'm going to make an effort to learn something new each week
- If my employer offers me some training, I'll make the most of the chance to learn something new
- I will inform my colleagues of the Healthy Norwich Project
- I will explore opportunities to volunteer, to get involved in my local community and learn new skills

## **Sexual health**

- I'm going to find out more about the best type of contraception for my lifestyle
- I'm going to take responsibility for leading a healthy sex life
- I'm going to be prepared and use suitable contraception
- I will talk to my doctor if I'm worried about my sexual health, even if I think it's embarrassing

## **Smoking, alcohol and drug misuse**

- I will have 2 alcohol-free days a week
- I will keep a drinks diary for one month
- I will take steps to understand the alcohol contents (units) in different drinks
- I will take less cigarette breaks at work
- I'm going to protect my children by not smoking in our home or near them
- I will get help to ditch the cigarettes (e.g. order a 'Quit Kit')

## **Healthy urban environment**

- I will bin my crisp packets/cigarette ends/takeaway containers/cans/bottles.
- I will walk or bike to work at least twice a week
- I will find out more about the Norwich cycle routes and try them
- I will ask my employer about a "bike to work" scheme/secure bike units.
- I will find out where Norwich parks are and visit at least one