

# Healthy Living

## Financial cost of smoking

- At today's rate a 20 a day smoker will spend £31,025 over the next 20 years. These could be savings that you had built up for a new home, car, holidays and luxury items.

## Side effects

- Being a potential threat to others health
- Disapproval and dislike from others
- Feeling a slave to cigarettes

So start today, there are lots of support centres locally, speak to your doctor or search the web for more information, to help you to succeed and change your life.

## Useful sites:

[www.gasp.org.uk](http://www.gasp.org.uk)

[www.healthyliving.gov.uk](http://www.healthyliving.gov.uk)

Please speak to your Tutor/Employee Development Specialist for more advice on healthy living.

## How to contact us...

### TBG Learning Head Office

Lombard House, 145 Great Charles Street, Birmingham B3 3JR  
t: 0121 200 1140 f: 0121 233 0573/9567  
email: [headoffice@tbglearning.com](mailto:headoffice@tbglearning.com)

### TBG Learning West Midlands

5th Floor, Lombard House  
145 Great Charles Street  
Birmingham B3 3JR  
t: 0121 200 2646  
f: 0121 233 9567  
email: [customerservice.westmids@tbglearning.com](mailto:customerservice.westmids@tbglearning.com)

### TBG Learning Derbyshire

6th Floor St. Peter's House  
Gower Street  
Derby DE1 1SB  
t: 01332 202828  
f: 01332 202804  
email: [customerservice.derby@tbglearning.com](mailto:customerservice.derby@tbglearning.com)

### TBG Learning South London

13-14 Ellersie Square  
Lyham Road  
London SW2 5DZ  
t: 020 7274 4106  
f: 020 7274 0764  
email: [customerservice.sln@tbglearning.com](mailto:customerservice.sln@tbglearning.com)

### TBG Learning Tendring

103-105 Carnarvon Road  
Clacton-on-Sea  
CO15 6QA  
t: 01255 430053  
f: 01255 688240  
email: [customerservice.tendring@tbglearning.com](mailto:customerservice.tendring@tbglearning.com)

### TBG Learning Colchester

Portal House  
27 Southway  
Colchester CO2 7BA  
t: 01206 366341  
f: 01206 366358  
email: [customerservice.colchester@tbglearning.com](mailto:customerservice.colchester@tbglearning.com)

### TBG Learning West London

84 Uxbridge Road  
Ealing, London  
W13 8RA  
t: 020 8566 5252  
f: 020 8579 6735  
email: [customerservice.wln@tbglearning.com](mailto:customerservice.wln@tbglearning.com)

### TBG Learning Newham

1A Cloughton Road  
Newham  
London E13 9PN  
t: 020 8548 9489  
f: 020 8472 1022  
email: [customerservice.newham@tbglearning.com](mailto:customerservice.newham@tbglearning.com)

### TBG Learning Gravesend

23-25 King Street  
Gravesend  
Kent DA12 2DU  
t: 01474 566588  
f: 01474 569100  
email: [customerservice.gravesend@tbglearning.com](mailto:customerservice.gravesend@tbglearning.com)

### TBG Learning Tower Hamlets

3rd Floor Truman Building  
91-95 Brick Lane  
London E1 6QL  
t: 020 7247 0036  
f: 020 7426 0560  
email: [customerservice.tower@tbglearning.com](mailto:customerservice.tower@tbglearning.com)

### TBG Learning Barking

Monteagle Court  
Unit 6A Waking Road  
Barking Essex IG11 8PD  
t: 020 8507 1377  
f: 020 8507 1296  
email: [customerservice.barking@tbglearning.com](mailto:customerservice.barking@tbglearning.com)

### TBG Learning Camden

Unit A, Ground Floor, Linton House  
39-51 Highgate Road  
London NW5 1RT  
t: 020 7485 1677  
f: 020 7485 1911  
e: [customerservice.camden@tbglearning.com](mailto:customerservice.camden@tbglearning.com)

### TBG Learning Chesterfield

Block A 1st Floor, St Mary's Court  
St Mary's Gate, Chesterfield  
Derbyshire S41 7TD  
t: 01246 207500  
f: 01246 207002  
e: [customerservice.chesterfield@tbglearning.com](mailto:customerservice.chesterfield@tbglearning.com)

## Employer Division (Apprenticeships & NVQ'S)

### TBG Learning West Midlands Region

5th Floor, Lombard House  
145 Great Charles Street  
Birmingham B3 3JR  
t: 0121 200 2646  
f: 0121 233 9567  
email: [westmids-ed@tbglearning.com](mailto:westmids-ed@tbglearning.com)

### TBG Learning London Region

Unit 5 Waking Road  
Barking Essex  
IG11 8PD  
t: 020 8591 8881  
f: 020 8507 1296  
email: [london-ed@tbglearning.com](mailto:london-ed@tbglearning.com)

### TBG Learning East Midlands Region

6th Floor St. Peter's House  
Gower Street  
Derby DE1 1SB  
t: 01332 202828  
f: 01332 202804  
email: [eastmids-ed@tbglearning.com](mailto:eastmids-ed@tbglearning.com)

### TBG Learning South East Region

Portal House  
27 Southway  
Colchester CO2 7BA  
t: 01206 366341  
f: 01206 366358  
email: [southeast-ed@tbglearning.com](mailto:southeast-ed@tbglearning.com)



Healthy life style is all about enjoying healthy eating combined with moderate physical activity. Detailed in this leaflet are some useful tips for healthy living.

## PHYSICAL EXERCISE

Being active everyday helps you manage your weight as it burns calories a little more. Aim to accumulate 30 mins of moderate physical exercise for 5 days a week.

- Gardening
- Washing the car
- Taking the stairs
- 3 ten minute brisk walks a day
- Plan active holidays
- If you have kids, get involved in fun activities, skating, bike rides, bowling, swimming, tennis, the list is endless.
- Walking, jogging, dancing

Always be sure to check with your doctor before you start an exercise programme.

## The Benefits

- Less stress ( physical activity helps people relax)
- Maintain a healthy weight
- Increased social opportunities

- A longer life
- Greater ability to function at work and home
- Improved sleep

## HEALTHY EATING

Small, regular calorie savings can help you manage your weight.

### Tips to succeed

- Read labels & choose reduced calorie options
- Eat sensible portions
- Choose grains daily
- Choose a variety of fruit and vegetables (aim for at least 5 a day)
- Choose lower fat dairy products & lean sources of protein
- Vary your meals, so you keep on track
- Drink plenty of water
- Eat less saturated fats

Set yourself a goal, whether it is to lose those extra pounds or to become more active or both. Use the scales, measuring tape and most of all how you feel after a month, to make you realise what a difference these small changes are making.

[www.foodfitness.org.uk](http://www.foodfitness.org.uk)

[www.eatwell.gov.uk](http://www.eatwell.gov.uk)

## SMOKING

### The costs of smoking

#### Physical

- Wheezing, shortness of breath
- Lack of energy, poor concentration
- Dull skin, stained fingers
- Reduced fertility
- Damaged taste buds
- Lung cancer, emphysema, stroke, heart attack and more
- Damaged circulation

#### Social

- Air Pollution
- Children at risk of Asthma, cot death, bronchitis
- Dusty, stuffy home, nicotine stained walls
- Increase risk of fire