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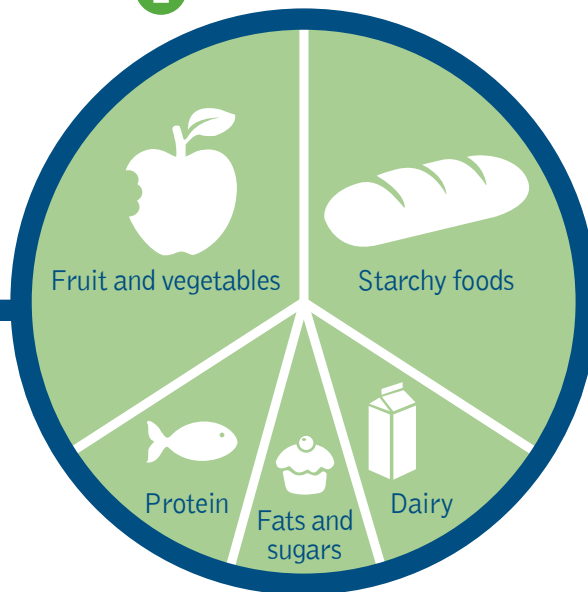
the basics

seven ways to look after your health



There's a lot you can do to take care of your health. It's not just about popping pills.

1 Eat a balanced diet.



2 Get some exercise.

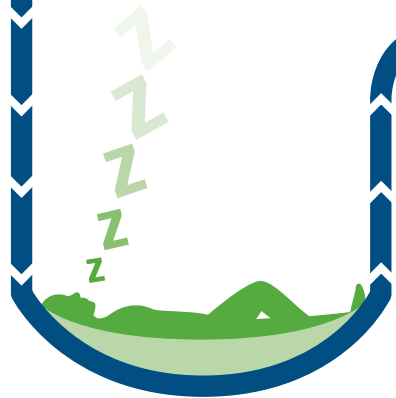


3 If you are a smoker, give up smoking.

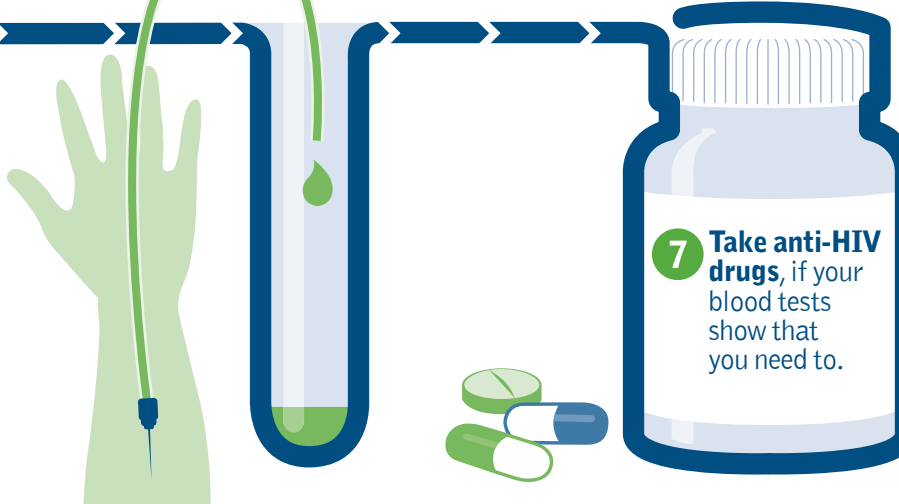


5 Talk to people and get support.

6 Attend your clinic appointments and have regular blood tests.



4 Get enough rest and sleep.



7 Take anti-HIV drugs, if your blood tests show that you need to.

Important points

- Just as for anybody else, changes to your lifestyle can be good for your general health.
- Regular blood tests will tell you if you need HIV treatment.

Notes

Want to find out more?

For more information on this topic:

- read NAM's booklet 'Nutrition'
- read NAM's fact sheets 'Starting and sticking to an exercise programme', 'Smoking', 'Sleep' and 'Visiting your HIV clinic for check-ups'
- read Terrence Higgins Trust's booklet 'Your Body', or
- speak to an adviser at THT Direct (phone: 0845 12 21 200).

For more information about HIV, NAM provides free fact sheets, information booklets, e-mail bulletins, a monthly newsletter, a comprehensive website (aidsmap.com) and a website specifically for people living with HIV (namlife.org).

Contact us by calling 020 7840 0050 or by sending an e-mail to info@nam.org.uk

Has this resource been useful to you? Please let us know what you think by visiting www.aidsmap.com/feedback, by phoning us or by sending an e-mail. Your feedback helps us to improve the services we offer you.



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