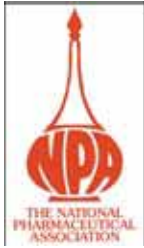


Press Release



JANUARY 2004

**YOUR NEW YEAR'S HEALTH RESOLUTION IS OURS !
YOUR LOCAL PHARMACIST – HELPING YOU STAY FIT AND HEALTHY
FOR 2004**

'Prevention is better than cure', as the saying goes. Pharmacists can help when we are ill but they can also give advice on staying healthy and in 'peak condition'.

John D'Arcy, Chief Executive of the National Pharmaceutical Association (NPA) which represents the nation's community pharmacists says: "What better way to start the New Year than draw up a plan to become healthier. But it's often difficult to know where to start, or when you start, how to continue the momentum of your good work. The good news is that your local pharmacist is on-hand to provide both advice and support, to help keep you in the 'pink'. As professionals, pharmacists are qualified to provide sound advice on healthcare issues. They have a wealth of knowledge, answering over a million questions every day from the public, not just on medicines but health as well and disease prevention. Their knowledge is complemented by the fact that they are 'local' and will therefore be aware of any relevant groups or programmes running in your area which could help you stick to your New Year's Resolution - whether its going on a diet, starting an exercise routine or giving up smoking." To help keep you in peak condition, the NPA offers the following tips for a healthy 2004:-

NPA GUIDELINES FOR A HEALTHY 2004

- **Take 30 minutes moderate exercise at least 5 days a week.**
- Anything that makes your heart increase and leaves you at least mildly out of breath: walking; jogging; swimming; cycling; dancing. Even normal activities can be incorporated into your exercise routine eg: fairly heavy housework; gardening; a brisk walk to the shops, instead of taking the car!
- The benefits of regular exercise include a reduced risk of: heart disease; stroke; bowel cancer; breast cancer; osteoporosis and obesity. In addition to feeling better in yourself, regular exercise can help ease stress, anxiety and mild depression.
- Exercise is not just for young ‘sporty’ types. *It is never too late to start, no matter how old or unfit you are.* If you are over 70, you are less likely to fall and be injured if you exercise regularly. Combined with a healthy diet, it’s the best way of losing excess weight and maintaining a healthy body weight.
- **A healthy diet helps to prevent or reduce the severity of diseases such as: heart disease; stroke and diabetes. It can also help to reduce the risk of some cancers.**
- Eat plenty of starchy foods (complex carbohydrates) and fibre such as rice, pasta, potatoes, bread. Some people think that starchy foods are ‘fattening’, in fact, they contain about half the calories than the same weight of fat. However, it is easy to add fat to starchy food, like butter to jacket potatoes or bread. Unsaturated fats are much better for you, such as corn, sunflower or olive oil and you can get some great alternative low fat spreads – some of them taste like the real thing!
- Eat at least five portions of a variety of fruit or vegetables each day. One portion equals:-
 - One large fruit eg apple, pear, banana, slice of melon.
 - Two smaller fruits eg plums, kiwis, satsumas
 - One cup of small fruits eg raspberries, grapes
 - Two large tablespoons of fruit salad, stewed or canned (in natural juice!)
 - One tablespoon dried fruit
 - One glass fresh fruit juice (150ml)
 - Regular portion of any vegetable (approx 2 tablespoons)
- One dessert bowl salad
- Eat protein foods in moderation: meat; fish; pulses; chicken and not too much fat like butter, lard, dripping or sugary things (which are the ones high in calories!). Try to grill,

bake, poach, barbecue or boil rather than fry. If you do fry, use unsaturated oil and drain off the excess before eating.

Don't eat too much salt and keep a check on the alcohol - 2-3 units for women and 3-4 units for men each day.

Pharmacies are one of the most accessible and convenient sources of medicines and healthcare advice and support – available 6 days, no appointment necessary and a private consultation can always be provided on request. What's more, most pharmacies offer a selection of useful leaflets on health issues.

So make your New Year's health resolution to have a chat with your pharmacist. It'll be a worthwhile start to the New Year.

Ask Your Pharmacist – You'll be taking good advice !

Notes to editors

1. **1.** The National Pharmaceutical Association (NPA) is the trade association that represents the professional and commercial interests of the owners of around 11,000 community pharmacies in the United Kingdom.
2. **2.** If you would like to arrange a media interview with a pharmacist local to your area, please contact the Press Office on 01727 858687 Exts 3265, 3227 or 3311. Alternatively, you can e-mail us at press.office@npa.co.uk. www.askyourpharmacist.co.uk/

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