

# Are you in shape for surgery?



**Eat well**



**Drink less**



**Stress less**



**Move more**



**Be smoke free**



**Be a healthy weight**



**Surgery puts stress on your body,  
so the healthier you are, the better you'll handle it**

## **We're here to help:**

**Plymouth  
Torbay**

[www.OneYouPlymouth.co.uk](http://www.OneYouPlymouth.co.uk)  
[www.TorbayAndSouthDevon.nhs.uk/  
services/healthy-lifestyles](http://www.TorbayAndSouthDevon.nhs.uk/services/healthy-lifestyles)

01752 437 177  
0300 456 1006

**Rest of Devon  
Cornwall**

[www.OneSmallStep.org.uk](http://www.OneSmallStep.org.uk)  
[www.HealthPromCornwall.org](http://www.HealthPromCornwall.org)

0800 298 2654