

# Are you in shape for surgery?



 Eat well

 Drink less

 Stress less

 Move more

 Be smoke free

 Be a healthy weight

## We're here to help:

Plymouth

[www.OneYouPlymouth.co.uk](http://www.OneYouPlymouth.co.uk)

01752 437 177

Torbay

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

0300 456 1006

Rest of Devon

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

0800 298 2654

Cornwall

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

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