

# 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:

Cornwall	<a href="http://www.HealthPromCornwall.org">www.HealthPromCornwall.org</a>	01209 615600
Devon	<a href="http://www.OneSmallStep.org.uk">www.OneSmallStep.org.uk</a>	0800 298 2654
One You Cornwall	<a href="http://www.OneYouCIOS.com">www.OneYouCIOS.com</a>	
One You Plymouth	<a href="http://www.OneYouPlymouth.co.uk">www.OneYouPlymouth.co.uk</a>	01752 437177
NHS Smoking Helpline	<a href="http://www.SmokeFree.nhs.uk">www.SmokeFree.nhs.uk</a>	0800 169 0 169