

# 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:

Cornwall

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

01209 615600

Devon

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

0800 298 2654

Plymouth

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

01752 437 177

One You

[www.OneYouCIOS.com](http://www.OneYouCIOS.com)

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



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