Meadowbridge Surgery

Be Informed. Be Involved. Be Proactive.

Your health is a partnership.

Taking ownership of your health starts with understanding it.



Nutrition

Choose a balanced diet – more fruit, vegetables, whole grains and less sugary and processed foods.



Exercise

Aim for at least 150 minutes of moderate exercise per week – even small amounts help!



Healthy Weight

Achieve and maintain a healthy weight to reduce your risk of long-term conditions.



Avoid Smoking

Quitting smoking significantly improves your health.



Limit Alcohol

Keep within recommended limits (14 units per week).



Good Sleep

Aim for 7–9 hours of quality sleep per night.

Manage Your Condition

- Please take time to read the information and resources provided to you.
- Familiarise yourself with your condition, treatment options and lifestyle advice.
- Use the resources available to help you understand your results and how to improve your health.
- Come prepared to appointments with any questions or concerns.

You play an equally important role in managing your health.

We are here to support, guide and treat you,
but we encourage you to take an active part in your healthcare.

Don't just attend your appointments – know, understand and take action.

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Healthy choices today for a healthier tomorrow