

# Ideas for home-care advice

Your advice to clients and participants should:

- Be relevant to their daily life
- Reinforce positive habits and attempt to reduce or bring awareness to negative habits
- Link to other health and fitness advice such as

EXAMPLES:

Activity

<https://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-for-adults-aged-19-to-64/> You could also have the CMO guidelines to offer as a handout.

Nutrition

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

How old is your heart

<https://www.nhs.uk/conditions/nhs-health-check/check-your-heart-age-tool/>

Offer guidance on how to sit, stand, bend and lift correctly.

