

Patient Information Leaflet

# Health Optimisation MOT

How to Improve Your  
Health and Wellbeing  
During This Time and  
for Your Future



Prehab2Rehab



GIG  
CYMRU  
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WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

In order to improve your health and wellbeing you will be offered a full health MOT. This will enable you to make the necessary changes needed to achieve your desired health goals. In the meantime, it is very important you attend any tests/scans recommended by your doctor (GP).



**Whilst waiting for these tests, we recommend you start to take more care of yourself.**

Making changes now will help you:

- ✓ Lower your chances of future health problems such as heart disease, stroke and developing certain cancers
- ✓ Manage and improve any other medical or health conditions you already have such as diabetes or high blood pressure

If you do need treatment in the future then making these changes now will give you the following benefits:

- ✓ Better manage your anxiety and mood
- ✓ Improve your energy levels, reducing tiredness
- ✓ Allow you to do more of your normal day to day activities
- ✓ Improve your sleep pattern and quality of sleep
- ✓ Improve your general fitness and sense of wellbeing
- ✓ Have fewer problems during and after treatment, should you need any

## How can I help myself?

Start to think about your routines, activities, lifestyle, habits and eating patterns. Are there things you can do to help improve your health and wellbeing?

These include:

- ✓ Moving more and being as active as possible
- ✓ Looking after your diet by eating well
- ✓ Keeping hydrated by drinking enough fluids, especially water
- ✓ Cutting out alcohol or at least minimising your intake
- ✓ Stopping smoking or at least significantly cutting down
- ✓ Look after your mood and wellbeing

## Look after your mood and wellbeing

It's common to experience a rollercoaster of feelings and emotions when waiting for tests and their results. The following ideas might help you manage your fears and worries.

- ✓ Ask questions about what will happen during tests, don't be afraid to ask your healthcare team, they will be more than happy to give you the information you need or point you in the direction of more information.
- ✓ Try to limit internet searches for your symptoms, it may cause more anxiety. If you do, always use reliable websites such as NHS websites.
- ✓ You may feel that your life revolves around the wait, but maintaining your usual routine will help keep a sense of normality.
- ✓ Think about who you can turn to for emotional or practical support. You may find it helpful to share your feelings with someone you trust.

- ✓ Practice self-care. Do more of what you find soothing during stressful times - taking a warm bath, reading, listening to music, exercise, stroking a pet, or engaging in hobbies.
- ✓ Treat yourself with the same compassion that you would show a close friend or family member if they were going through a difficult time.

**Meditation or mindfulness may help focus your mind and help you handle these feelings. The following online resources are free and may be helpful:**

- ✓ Try Revive Prescribed. This is a free online resource developed by a South Wales GP.

[Revive Prescribed](#)

- ✓ The Velindre Mindfulness App was developed by the psychologists in NHS Wales to help you with guided support and improve your wellbeing.

 **Download The Velindre Mindfulness App** 

[Google Play](#)

[App Store](#)

## Move More and Being Active

Being active is one of the most important things we can do to support our health and wellbeing. It helps to maintain a healthy weight, reduces stress, lifts mood, strengthens bones and muscles and decreases the risk of developing chronic conditions and diseases, including heart disease, diabetes and stroke. Adults should aim for at least 150 minutes of moderate activity with increased breathing but still being able to talk, 75 minutes of vigorous activity with fast breathing and difficulty talking, or a combination of both. Move more, sit less, start slowly and build up to being active for 30 minutes every day. Just 10 minutes of activity at a time will benefit your health. Guidelines have been produced for different ages and stages in life.



**Gov.uk gives more details and ideas of how to fit activity into your day.**

**GOV.UK**

### Tips for building physical activity into daily living routines

There are various everyday things that we can do to increase our levels of physical activity, such as vigorous house work, gardening and walking. Other ideas could include:

- ✓ Going out for a brisk walk most days and making use of local parks and green spaces
- ✓ Using the car less and making use of public transport
- ✓ Trying new activities in local leisure centres
- ✓ Strength and balance exercises, such as Tai chi, dance or yoga. For older people will increase activity and can help to reduce the risk of falls.

For further ideas on how to get more active visit the below sites:

[Physical Activity](#)

[10 Minute Workouts](#)

[NHS Fitness Studio](#)

[Strength and Stamina](#)

## NHS: Pilates for Beginners

[Pilates for Beginners](#)

[Chair Based Pilates](#)

## NHS: Yoga for Beginners at any Fitness Level

[Yoga with LJ](#)

## Eat Well

Eating a healthy and balanced diet plays an important role in looking after our own health and wellbeing. Choosing a wide variety of foods and well-balanced meals can help you feel better and maximise your energy levels. This is especially important should you require any future treatments.

### Useful Tips

1. Try to have at least 3 meals per day
2. Include starchy carbohydrates at each meal – for example wholegrain cereals, bread, potatoes, rice, chapattis and pasta. A portion is about the size of your fist.
3. Aim for 2-3 portions of dairy items or dairy-free alternatives daily. If you are overweight, choose the lower fat variety. A portion is typically one small pot of yoghurt, matchbox size piece of cheese or 200mls of milk.
4. Aim to include protein foods with each meal – such as meat, chicken, fish, egg, nuts, beans, lentils, pulses, Quorn, plant-based proteins or tofu.
5. Try to include at least 5-7 portions of fruit and vegetables each day. One portion is roughly the size of your clenched fist. Fresh or frozen fruits and vegetables are all suitable.
6. A vitamin D supplement of 10 micrograms/day is recommended for everyone living in the UK between September and March. If your access to sun light is reduced, you are isolating indoors, or are over the age of 65 years, you may benefit from a vitamin D supplement all year round. Discuss with your local high street pharmacist or healthcare professional if you are unsure which supplement to take.

7. Drinking enough water is important; aim for at least 6-8 glasses of fluid per day. More information can be found here:

[Water, Drinks & Health](#)

**If you are underweight, are losing weight or have a poor appetite**

‘Eat little and often’ - try to have 3 meals a day, with snacks and nourishing drinks in between. Ideas include mixed nuts, yoghurts, cheese and crackers, toast and butter, full fat milk hot drinks, hard boiled eggs.

If you are worried about weight loss visit the following website:

[Malnutrition Self-Screening](#)

This tool will provide you with first line advice to prevent you from losing further weight.



**You may need to see a dietitian  
for individual support.**

[Dietitian Support](#)



# Smoking

Stopping smoking is hard, but strongly advised, and well worth it! Quitting or cutting down will improve your general health. If you are having surgery, quitting can also speed up your recovery and reduce your time in hospital. And should you contract COVID-19, not smoking gives your lungs the greatest help. People tell us how hard it is to stop, but there is help available.



Contact Help Me Quit  
Freephone: 0808 250 6061

Help Me Quit

# Alcohol

Make sure you are drinking within the recommended limits, or lower.

## What can I do?

1. Check if you are drinking within safe limits

Drinkaware Self-Assessment

2. Here is more advice on how to drink within safe limits

Reduce Your Drinking

3. Alcohol Awareness

Alcohol Awareness

# Finances

If you are worried about your finances, it is important to seek support from the following:

1. Your employer
2. Citizens Advice

[Cardiff and Vale](#)

[Swansea Bay](#)

3. Government guidance – Information for individuals and businesses in Wales:

[Business Help](#)

[Individual Help](#)

**For further information:**

[Click Here](#)

**We hope you found this patient information booklet  
informative and helpful.**