

# Leaflets



## Understanding physical activity

Leaflet / flyer | 16 pages  
English | Published: 20/09/2018

**Resource code:** U007/0818  
**Publication for:** General public  
**Subject:** Being active, Lifestyle advice  
**Age group:** All  
**Maximum order quantity:** 500



## Understanding smoking

Leaflet / flyer | 14 pages  
English | Published: 20/09/2018

**Resource code:** U005/0818  
**Publication for:** General public, People w  
**Subject:** Smoking, Lifestyle advice  
**Age group:** Adults  
**Maximum order quantity:** 500



## Understanding blood pressure

Leaflet / flyer | 16 pages  
English | Published: 18/09/2018

**Resource code:** U002/0818  
**Publication for:** General public, People wit  
**Subject:** Medical info, Lifestyle advice, He  
**Age group:** Adults  
**Maximum order quantity:** 500



## Understanding cholesterol

Leaflet / flyer | 16 pages  
English | Published: 20/09/2018

**Resource code:** U003/0818  
**Publication for:** General public, Patient  
**Subject:** Lifestyle advice, Medical info, He  
**Age group:** Adults  
**Maximum order quantity:** 500



## Understanding your weight

Leaflet / flyer | 18 pages  
English | Published: 20/09/2018

**Resource code:** U004/0818  
**Subject:** Lifestyle advice, Healthy eating  
**Age group:** All  
**Maximum order quantity:** 500



## Taking control of alcohol

Leaflet / flyer | 17 pages  
English | Published: 19/12/2018

**Resource code:** T003/1018  
**Subject:** Lifestyle advice, Healthy eating  
**Age group:** All  
**Maximum order quantity:** 500

These are the leaflets we tend to order from British Heart Foundation. You can order these by following the link <https://www.bhf.org.uk/> selecting the tab INFORMATION AND SUPPORT and select booklets and guides from the drop down selection. You will need to create an account to be able to order from this organisation. There is no cost to the literature but they do kindly request a small donation if you can.