

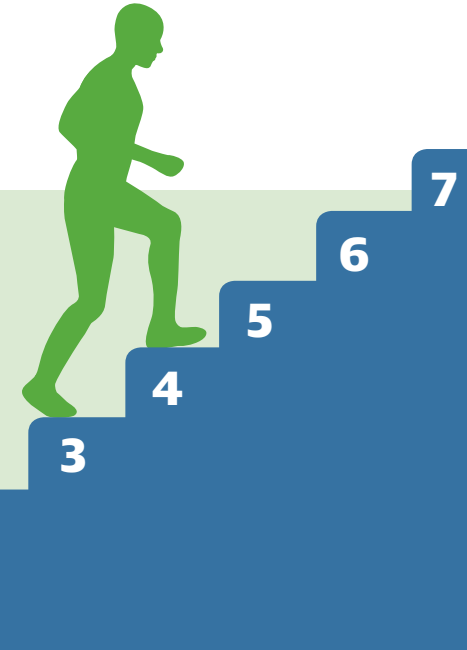
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**Thanks to all of the professionals and people with HIV who have helped with the development of this resource.**

**Thanks to the following organisations that have funded this leaflet.**  
NHS Pan-London HIV Prevention Programme and NHS South West Essex

# The basics

## Seven ways to look after your health



This leaflet can be viewed in large format as a PDF.  
Call NAM on 020 3242 0820.



This organisation has been certified as a producer of reliable health and social care information.  
[www.theinformationstandard.org](http://www.theinformationstandard.org)



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### Notes

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### Want to find out more?

**For more information on this topic:**

- read NAM's booklet 'Nutrition'
- read NAM's fact sheets 'Starting and sticking to an exercise programme', 'Smoking', 'Sleep' and 'Visiting your HIV clinic for check-ups'
- read Terrence Higgins Trust's booklet 'Your body', or
- speak to an adviser at THT Direct (phone: 0808 802 1221).

**For more information about HIV**

You can get free fact sheets, booklets, email bulletins and a newsletter from our website at [www.aidsmap.com/resources](http://www.aidsmap.com/resources). You can get answers to common questions at [www.aidsmap.com/hiv-basics](http://www.aidsmap.com/hiv-basics) and find local services at [www.aidsmap.com/e-atlas](http://www.aidsmap.com/e-atlas).

**Contact us** by calling 020 3242 0820 or by sending an email to [info@nam.org.uk](mailto:info@nam.org.uk)

**Has this resource been useful to you?**

Please let us know what you think by visiting our website at [www.aidsmap.com/feedback](http://www.aidsmap.com/feedback), phoning us or sending an email to [info@nam.org.uk](mailto:info@nam.org.uk). Your feedback helps us to improve the services we offer you.

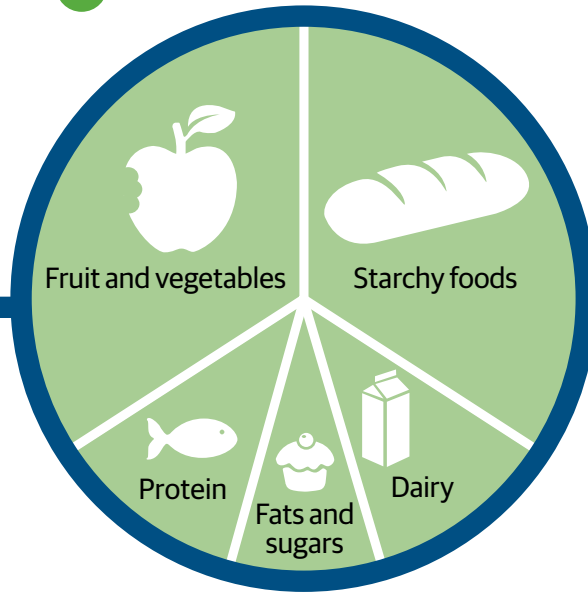
You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

**We recommend that you discuss the information in this leaflet with a doctor or other health worker.**

There's a lot you can do to take care of your health.

It's not just about popping pills.

1 Eat a balanced diet.



2 Get some exercise.

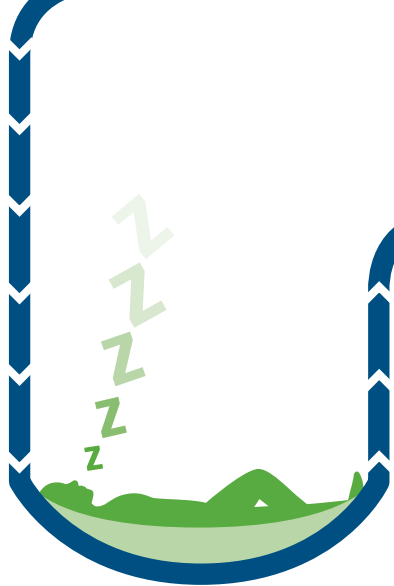


3 If you are a smoker, give up smoking.

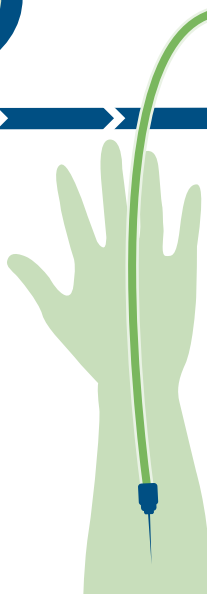


5 Talk to people and get support.

6 Attend your clinic appointments and have regular blood tests.



4 Get enough rest and sleep.



### Important points

- Just as for anybody else, changes to your lifestyle can be good for your general health.
- Regular blood tests will tell you if you need HIV treatment.