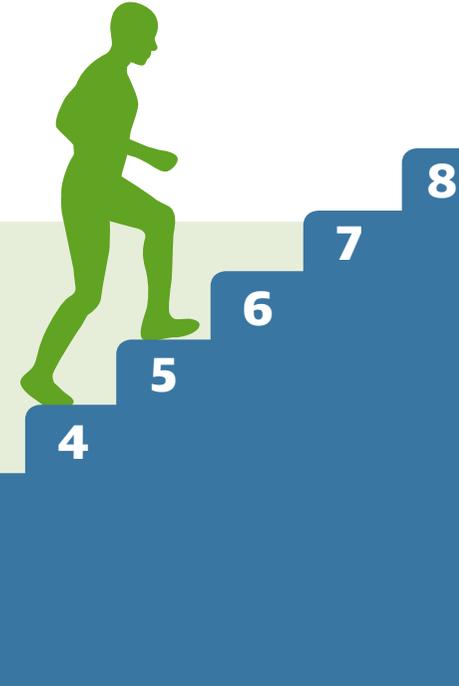


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**Thanks to all of the professionals and people with HIV who have helped us to develop this leaflet.**

# The basics

## Eight ways to look after your health



This leaflet is available in large format as a PDF.  
Call NAM on 020 7837 6988.



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Due for review in 2020  
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### Notes

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### Want to find out more?

#### For more information on this topic

- Read our 'Sleep' factsheet.
- Read our 'Exercise' factsheet.
- Read our 'Nutrition' booklet.

#### For more information about HIV

- Visit our website [www.aidsmap.com](http://www.aidsmap.com).
- Speak to an adviser at THT Direct (phone: 0808 802 1221).

#### For information in other languages

- Visit [www.aidsmap.com/translations](http://www.aidsmap.com/translations).

#### Has this leaflet been useful to you?

Please let us know what you think. Your feedback helps us to improve the services we offer.

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.



4 Cut back on **drink and drugs**.



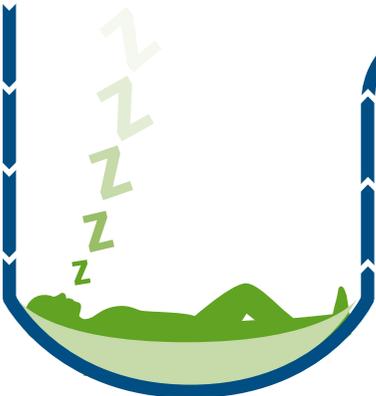
6 Talk to people and get support.

7 Attend your clinic appointments and have regular blood tests.



8 Take anti-HIV drugs.

5 Get enough rest and sleep.



### Important points

- Just as for anybody else, changes to your lifestyle can be good for your general health.
- HIV treatment will strengthen your immune system and prevent illnesses.