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If you would like to support our work and help us to continue to provide resources like this one, please donate today at www.aidsmap.com/donate

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

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The basics

Eight ways to look after your health

For more information on this topic

- ☐ Read our **'Sleep'** page.
- ☐ Read our **'Exercise'** page.
- ☐ Read our **'Nutrition'** booklet.

For information in other languages

- ☐ Visit www.aidsmap.com/languages

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

For more information about HIV

- ☐ Visit our website www.aidsmap.com
- ☐ Speak to an adviser at THT Direct **0808 802 1221**

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.



Print out double sided and fold along dotted line

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

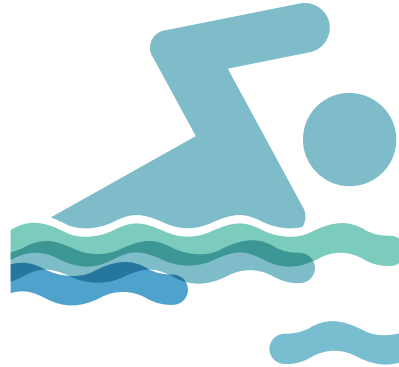


It's not just about popping pills.

1. Eat a balanced diet. It could make you feel better, help you have a healthy weight, and protect your heart and bones.



2. Get some exercise. To help you keep in shape, give you energy, and reduce your risk of many health conditions.



3. If you are a smoker, give up smoking. Apart from taking HIV treatment, this is the single most important thing you can do.



4. Cut back on drink and drugs. This could have an immediate impact on your sleep, mood and energy levels, as well as long-term benefits for your health.



5. Get enough rest and sleep. It will help you wind down and strengthen your immune system.



6. Talk to people and get support. We all need people around us, to share both the good times and the bad times.



7. Attend your clinic appointments and have regular blood tests. This means that any health problems can be spotted early on.



8. Take anti-HIV medication. It will keep HIV under control and also lower your risk of cancer, heart disease, kidney disease and liver disease.



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.