

The Ulster Council GAA is delighted to support this booklet, the third in a series to promote Health and Wellness among its members. This book compliments other recent Ulster GAA health and wellness publications such as the schools Healthy Hamper, ASAP Brochure and Heads Up Mental Health Resource.

Nutrition

- Healthy Eating Tips.
- Fruit and Vegetables
- Carbohydrates
- Fish
- Fat
- Salt
- Water



Physical Activity

- How Much is Enough?
- Tips to Get Started
- The FITT Principle
- Types of Physical Activity
- Playing it Safe
- BMI
- Height and Weight

Smoking

- Understanding Why You Smoke
- Focus on Where You Need Help
- Tracking your Smoking
- Quit Tips
- Nicotine Replacement Therapy
- Withdrawal Symptoms
- Coping with Withdrawal

Alcohol

- Understanding Units
- Recommended Drink Limits
- Binge Drinking
- Females and Alcohol
- Calories in Alcohol
- Safer Drinking Tips

