



## Make the best New Year's resolution for 2025!



If you're thinking of making a New Year's resolution – why not put yourself first and commit to improving your health and wellbeing?

Making a resolution and sticking to it takes planning, so it's a good idea to think about what your resolution might be before January comes around, so that you can be prepared and motivated to achieve your goals.

It doesn't always have to be something major, even the smallest changes to your lifestyle can have a big effect!

You could decide to focus on your [eating habits](#) and reduce the amount of salt, sugar and processed foods you eat, or you could choose to [become more active](#) by walking to the shops instead of taking the car or parking further away and walking some, or all of the way, to work or the school gates.

**If you would like to make a resolution to improve your health and wellbeing, but are not sure where to start, come and have a chat with the Living Well team at two events in January. The team can help you to make (and stick to!) your new year's resolutions.**

**Keep an eye out for the pink and blue Living Well gazebo on Tuesday 7 January at the Airedale Shopping Centre in Keighley and Thursday 9 January at the Broadway Shopping Centre, Bradford. Come and say hello to the friendly team who will be there from 10am – 2pm.**

At the events the Living Well team will be offering free blood pressure checks and carbon monoxide checks for smokers. They can also talk to you about a wide range of health topics including healthy eating, physical activity, alcohol, mental wellbeing, quitting smoking, long term conditions, family health and lots more!

Are you a smoker? Would you like to quit? Making a New Year's resolution to stop smoking would be the single best thing you could do to improve your health and also your finances! The average price of a packet of cigarettes is £15.84, which means smokers who buy three to four packets each week could save about £3,000 a year by quitting! \*

Quitting smoking is hard - we get it. But you don't need to do it alone. Getting free expert support from your local stop smoking service is proven to give you the best chance of quitting

successfully. Evidence show that using a service like this means you are three times more likely to quit for good.

Although you may have tried to quit smoking before, Living Well want to let you know that there's no need to go it alone. This time, with the right support, you really can quit for good.

The free Living Well stop smoking service is available for all adult smokers in Bradford district offering personal support and professional guidance. Expert advisors will work with you to create a quit plan especially for you, that works for you.

Living Well stop smoking advisors can prescribe Nicotine Replacement Therapy (NRT) medications to help you manage cravings and can now also offer completely FREE 12 week vaping kits too. They will motivate you and encourage you every step of the way to finally become a smoke free.

It's not easy to quit smoking, but with a team of professionals on hand to help you every step of the way, even if you've tried to quit before, this time... You CAN quit! And we CAN help!

Find out more:

<https://mylivingwell.co.uk/smoking/support-to-quit/>

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**Extra url links:**

Eating Well - <https://mylivingwell.co.uk/eating-well/swap-well-to-eat-well/>

Become More Active - <https://mylivingwell.co.uk/campaigns/20-minute-movement/>

\* ONS. 2022. RPI: Ave price – Cigarettes 20 king size filter. [RPI: Ave price – Cigarettes 20 king size filter – Office for National Statistics \(ons.gov.uk\)](https://ons.gov.uk/rpi-inflation/rpi/rpi-ave-price-cigarettes-20-king-size-filter)