

KG 1 - Smoking	
Strategies to quit	
1.	Acupuncture
2.	NHS smoking helplines
3.	Nicotine Replacement Therapy (NRT)
4.	Quit Kit support packs
5.	NHS smoking services

KG 2 - Alcohol	
Reducing alcohol consumptions	
6.	Self-help groups
7.	Counselling
8.	Meditation
9.	Drink with food
10.	Hypnotherapy
11.	Avoid stocking up
12.	Non alcohol alternatives

KG 3 - Stress	
Managing stress	
13.	Goal setting
14.	Relaxation
15.	Physical activity
16.	Positive self talk
17.	Time management
18.	Change work-life balance
19.	Breathing techniques

KG 4 - Sleep	
Improving sleep	
20.	Having a bedtime routine
21.	Avoid a heavy meal 2 hours before bed
22.	Have a warm bath
23.	Breathing techniques
24.	Listen to relaxing music
25.	Avoid drinking caffeine before bed

KG 5 - Barriers to exercise			
26.	Lack of time	31.	Lack of energy
27.	Self-conscious	32.	No exercise partner
28.	Poor health	33.	Little support to exercise
29.	Bad weather	34.	Location
30.	Cost	35.	No transport

KG 6 - Common barriers to change	
36.	<p>Time Prioritise daily routine Walk/run/cycle to work Exercise during lunch breaks/take the stairs</p>
37.	<p>Money Walking/jogging instead of the gym Exercise at home (Gardening/house work/workout DVDs)</p>
38.	<p>Transport When commuting, get off at a stop earlier and walk Park your car further away Local to work, walk or cycle</p>
39.	<p>Energy/motivation Schedule when you have the most energy Invite a friend Set achievable goals.</p>