

# Hernia Action Plan

Use the Hernia Action Plan to reduce your risk of developing a hernia – or to reduce the impact your hernia has on your life by taking matters into your own hands. The Hernia Action Plan allows you to decide how you will take action by writing down your own goals for different focus areas.

<b>Focus area</b> – and how a personal goal for it could look like	<b>Write your own goals here</b>	<b>What went well?</b> (Fill out 6 weeks later)
<b>Think Before You Lift</b> <i>Example: I will bend my knees when I lift things</i>	_____ _____ _____ _____	_____ _____ _____ _____
<b>Core 4 Exercises</b> <i>Example: I will do Core 4 exercises at least two times a day</i>	_____ _____ _____ _____	_____ _____ _____ _____
<b>Regular General Exercise</b> <i>Example: I will take a 10 minute walk every day</i>	_____ _____ _____ _____	_____ _____ _____ _____
<b>Take Control Of My Weight</b> <i>Example: I will eat a more balanced diet</i>	_____ _____ _____ _____	_____ _____ _____ _____
<b>Stop smoking</b> <i>Example: I will stop smoking over the next two months</i>	_____ _____ _____ _____	_____ _____ _____ _____
<b>Supportive Underwear</b> <i>Example: I will find some supportive underwear I like – and start wearing it</i>	_____ _____ _____ _____	_____ _____ _____ _____
<b>Support garments</b> <i>Example: I will ask my stoma nurse about support garments</i>	_____ _____ _____ _____	_____ _____ _____ _____
<b>Do an online Ostomy Check</b> <i>Example: I will check my ostomy every 3 months for changes in shape – or for issues</i>	_____ _____ _____ _____	_____ _____ _____ _____