

Healthy Living

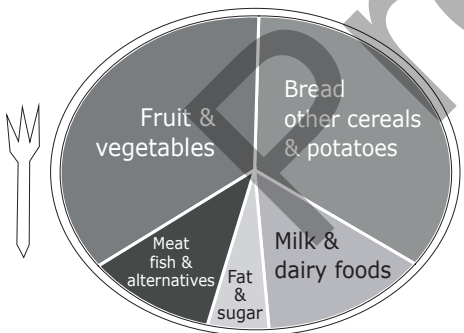
Exercise

- Helps build a healthy heart, develop strong muscles and bones, reduce body fat and may help reduce the risk of chronic disease in later life
- Reduces anxiety and stress
- Improves social and moral development
- Improves body image - feel stronger, more flexible, fit and confident
- Improves your metabolic rate, preventing weight gain
- Boosts mood and energy levels, and it's fun!

- TIP** Aim to be active for one hour throughout each day. Carry out activities that enhance and maintain muscular strength, flexibility and bone health twice a week eg walking, cycling, jogging or playing a sport.
- TIP** Do a warm-up (gradually raise the pulse, warm up the joints and stretch) and cool-down (activities to decrease the pulse) whenever you exercise.

Take a look at the plate model.

This plate represents a balanced diet.



What should I aim to eat in a day?

- Bread, cereals and potatoes
- Vegetables
- Fruit
- Meat and fish
- Milk and dairy products
- Fats, oils and sugary foods

Remember...

You don't need to cut foods out completely, it's a case of getting the balance right.

- Eat more fruit & veg, bread, other cereals and potatoes and eat less fatty and sugary foods.
- Eat at least 5 portions of fruit and veg a day and try to vary what types you eat. Here are some examples of a portion: 1 medium apple, 1 handful of vegetables, 7 strawberries, 1 banana, a glass of fresh orange.

Healthy Living (continued)

BE CAUTIOUS OF FOOD LABELS

Just because the label states 'pure' or 'all natural' it doesn't mean it's healthy.

Alternative snacks

Fresh fruit, low fat yoghurts, sticks of raw vegetables, plain popcorn, breadsticks; sandwiches with low fat fillings and sugar-free breakfast cereals with milk. Avoid high sugar snacks, as these will make you feel tired.

On a diet?

Diets may alter your intake of nutrients. Cutting down on foods wrongly regarded as fattening (eg bread and potatoes) reduces starch, vitamin and mineral absorption. If someone is suspected of having a serious eating disorder with under-nutrition (eg anorexia nervosa) or over-nutrition (eg obesity) specialist support is essential.

Have trouble sleeping?

Experts suspect one night of sleep deprivation (less than 6 hours) can affect concentration the next day.

- Try to have at least 8-10 hours sleep each night.
- Don't have a large meal before going to sleep, it takes an hour for food to digest
- Daily exercise makes you naturally tired.

Drink Water

Water is essential to everyday life: two thirds of our weight is made up of water. You should ideally drink about 2 litres of fluid a day (4 pints). This can be through squash and fruit juices, as well as water, which can be bought in the canteen. More water should be drunk when the weather is hot and during and after exercise.