

Healthy Lifestyles

An easy-read booklet



Healthy Lifestyles



Mental
Health



Physical
Health

Health is about more than being free of illness. It is also about having a healthy lifestyle, which helps you feel good physically and mentally.



It also means looking after yourself.



These are lots of things you can do to improve your health and keep yourself well.



This includes a healthy and balanced diet, doing regular exercise and looking after yourself.

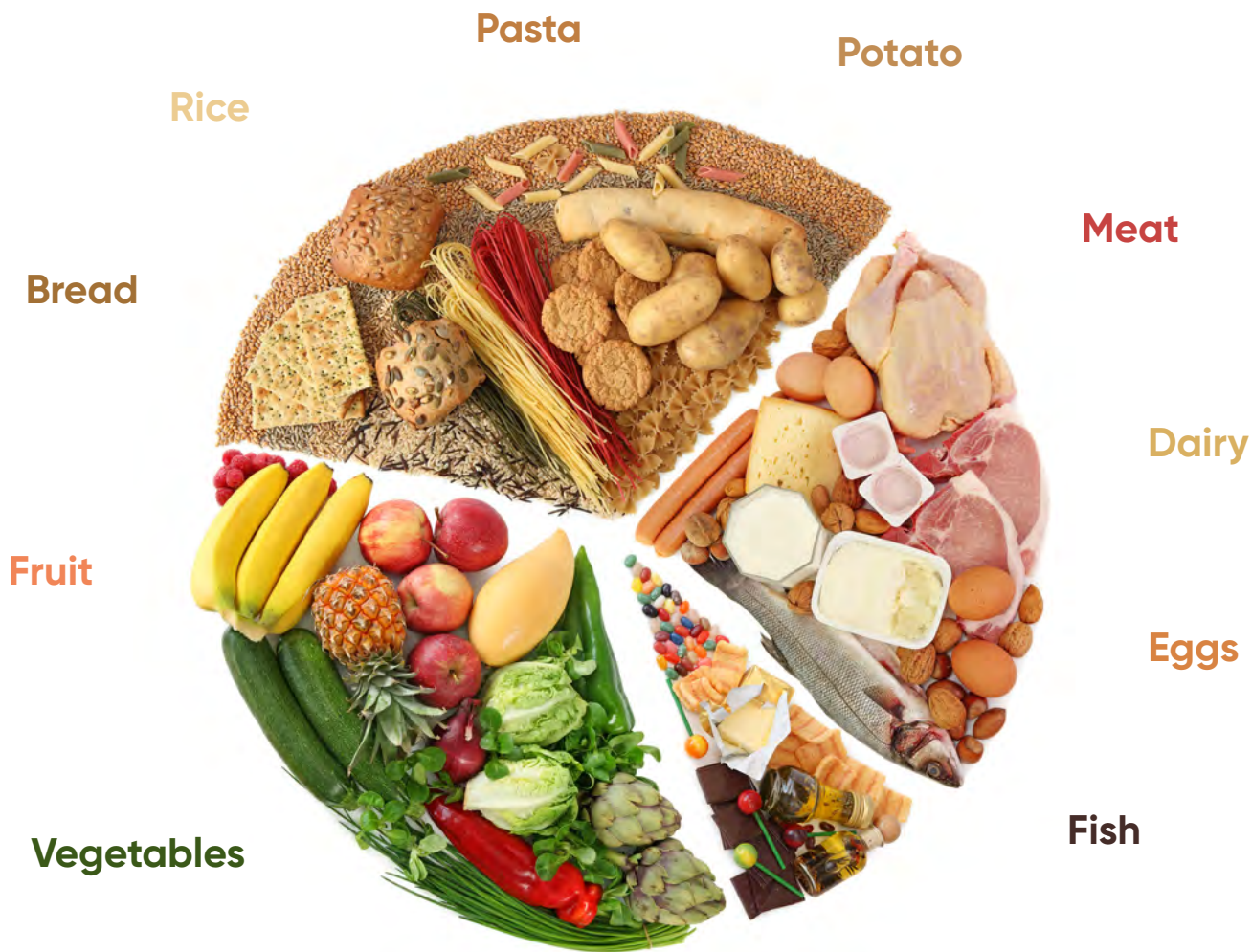
Diet



Eating a balanced diet helps to keep you a healthy weight, and may help to stop you getting some diseases.



Eating a balanced diet makes you feel good too! Try to choose a variety of different foods to help you get the range of nutrients your body needs to stay healthy.



Exercise and being active



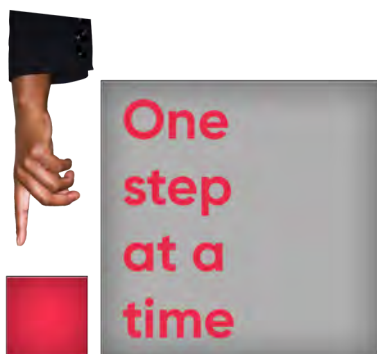
You should try to be active for half an hour every day.



Regular exercise is very important to keep your body healthy. It will also help to keep you a healthy weight.



There are lots of different ways of exercising. For example: walking, dancing, or swimming. It is important to find activities that you enjoy.



If you have not exercised for a long time, begin by doing just a little at a time.

You can slowly increase the amount of exercise that you do.

Excercise and being active



Walk

Walking

Walking is good for you, is especially good for your heart. Walking is also free!



If you have a smartphone or wearible device, you can use it track how many steps you walk a day.



A good target is to do 10,000 steps day, but any amount of activity beyond what you are currently doing will be good for you.



Walking is just one way to keep active.

Exercise and being active



Swimming

Swimming is a great way to keep active.



The water offers support and resistance for your body and provides a less jarring impact than running or going to the gym.



Swimming is good for keeping your joints and muscles healthy.

Excercise and being active



Going to the gym

Going to the gym is a good way to keep active, with lots of different activities to exercise different areas of your body.

Most gyms have equipment such as:



Treadmills
(for running)



Cycling Machines



Rowing Machines



Free Weights



Weight Machines



Floor Area
(for sit-ups, stretches etc)

Alcohol



Alcohol is so widely used that we sometimes forget the harm it can cause to our physical and mental health.



What are the sensible drinking guidelines?

Women shouldn't regularly drink more than 2-3 units a day and men 3-4.

Examples of units in common drinks



Pint of Lager
2.6 units



Glass of wine
2.3 units



25 ml of spirit
1 unit



Alcopop
1.1 units

Alcohol: What happens when we drink more than the sensible drinking guidelines?



Putting on weight

Alcoholic drinks contain more calories than you think. If you're worried about putting on weight you should think about cutting down how much alcohol you drink.



Dehydration

Alcohol dehydrates the body. This is partly what causes 'hangover' symptoms. If you've been drinking alcohol, drink plenty of water before going to bed.



Sleep problems

Alcohol can sometimes help you sleep, but even small amounts stop the deep sleep that we need to feel alert and refreshed.



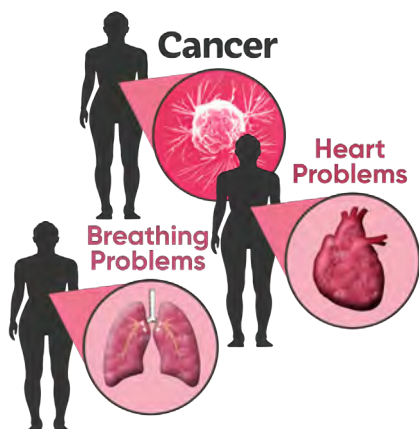
Early ageing

Dehydration and lack of proper sleep is not good for your skin and hair.

Smoking



Smoking is not good for you. Smoking can make you ill.



Smoking can cause cancer, breathing problems, and heart disease.



If you smoke and would like to quit, there are lots of people who can help, such as a doctor or pharmacist.



Your doctor can do a lot, such as enrolling you in a "stop smoking" clinic, and prescribing nicotine replacement therapy, such as patches and gum, or stop smoking medication.

Smoking: if you smoke and want to quit



Join your local stop smoking service

You can join a local group that meets once a week or have one-to-one support if you prefer. You usually go for a few weeks and work towards a quit date.



Find your nearest NHS Stop Smoking Service at **www.nhs.uk/smokefree**, or call the Smokefree National Helpline on **0300 123 1044** to speak to a adviser.



Free online support

You can sign up for 28 days of free quitting advice and tips straight to your inbox to increase your chance of success!

Go to **quitnow.smokefree.nhs.uk** to get started



Smokefree App

The Smokefree app is a 4 week programme that puts practical support, encouragement and tailored advice in the palm of your hand. It's available on the App Store and Google Play.

Tips to build activity into your day:



Walk or ride part of your journey to work or the shops



Get off the bus a stop before your destination



Try an online video workout



Exercise in front of the TV



Go for a walk or a ride with your friend rather than meeting for coffee



Exercise whilst doing hobbies. Things like gardening keeps your body active

Primary Care Accessible Resources

Resource 6: Healthy Lifestyles

Suffolk Learning
Disability Partnership



This booklet was co-produced by Ace Anglia.



The resources were originally funded by clinical commissioning groups in Suffolk. They have been amended for use across Essex with the permission from Suffolk clinical commissioning groups.



This booklet is **Resource 6** and forms part of a number of projects that help to explain things about primary care services.



Designed by: **Ace Anglia: Accessible Information**

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Made using:

