



Maintaining a Healthy Lifestyle

Be active often

Just 10 minutes of physical activity, enough to make you warmer and slightly out of breath, is enough to benefit your health. It is widely recommended that we aim for at least 150 minutes of activity a week.

Eat well

Base your meals around wholegrain and high fibre carbohydrates to supply a drip-fed supply of energy throughout the day. Eating at least 5 different fruits and vegetables each day will also give you essential nutrients and minerals needed for a healthy lifestyle. Don't forget to keep hydrated too! 6-8 standard glasses of water but aim to limit the intake of fruit juices.

Get some sleep

Fit and healthy adults should be aiming for 7-9 hours each day. The human body responds well to routine. Go to bed and get up at roughly the same time each day, even the weekends. Avoid the use of electronic devices close to bedtime as they emit stimulating blue light which can trick the brain in to thinking it's still daytime.

Moderate alcohol consumption

Too much alcohol increases your risk of heart disease, liver disease, mental health conditions, bowel cancer and diabetes. Try to consume no more than 14 units of alcohol per week and have at least 2 dry days. One unit of alcohol is equivalent to half a pint of 4% ABV lager, and a small glass of wine is around 2 units.

Stay connected

There is strong evidence that feeling close to, and valued by, other people is a fundamental human need. Social relationships are vital to promote wellbeing as they provide a buffer against mental ill health for people of all ages. Talk to a colleague rather than send an e-mail, meet up with friends for lunch, speak to someone new, or commit to having dinner around the table together as a family. Any of these suggestions will help you feel more connected.