



## Physical Activity

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- Adults (19 - 64 years) should try to be active daily. Your weekly activity should add up to at least (2.5 hours) or about 20 minutes a day. You can use moderate inactivity (e.g. Brisk walking or cycling) in bouts of 10 minutes or more.
- Adults should undertake physical activity to improve muscle strength on at least two days a week. You should aim to use all the major muscle groups in this activity (e.g. carrying or moving loads such as groceries).
- Try to minimise the amount of time you spend sitting down for long periods, and take breaks from sitting in front of a screen - whether this is a tablet, laptop, computer or your television.
- If you have a small snack before exercising, make sure it's something starchy like brown bread or bananas, not something high in sugar. It might give you a temporary boost, but your energy levels will slump afterwards.



## Fitness

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- To strengthen your muscles, try lifting weights; working with resistance bands; gardening (e.g. Digging and shovelling), climbing stairs; hill walking; cycling; dance; push-ups; sit-ups and squats; and yoga
- Staying fit, active and eating healthily are great ways of improving your stamina. To improve mental stamina, you should: ●Visualise your goal ●Break your problem into pieces ●Build your ability to focus ●Eliminate distractions ●Use stimulants like coffee and energy drinks sparingly ●Talk to others and share your feelings ●Take breaks
- Try stretching, yoga, tai chi, and Pilates to keep flexible
- Tai chi, yoga, dance, walking upstairs, hiking and lifting weights can help your concentration.



## Diet

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Keeping a healthy diet is vital - it doesn't just affect your body, but also has a big effect on the way you feel mentally and emotionally.

## Tips!

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- Make sure you eat the right number of calories for your lifestyle - not too many, and not too few. The average man needs around 2,500 calories a day, whilst the average woman needs around 2,000.

## Tips!

- Base your meals on starchy foods like potatoes, cereals, brown pasta, brown rice and brown bread.
- Eat lots of fruit and vegetables (at least five portions of different types of fruit and veg a day). A glass of unsweetened fruit juice can count as one portion, and vegetables cooked into dishes also count.
- Eat at least two portions of fish per week. It's a good source of protein, vitamins and minerals, and oily fish can help to prevent heart disease.
- Cut down on saturated fat and sugar
- Eat less salt (adults and children over 11 should eat no more than teaspoon of salt a day).
- Drink at least 1.2 litres of fluid every day. It's better to avoid sugary drinks and have fruit juice instead. The average can of fizzy drink contains 10 teaspoons of sugar, and are bad for teeth as well as contributing to weight gain.
- Keep active
- **DON'T SKIP BREAKFAST!** A healthy breakfast is essential—we need this initial fuel to start the day, and studies show that eating breakfast actually helps us to control our weight! It will also improve your mood for the day ahead.



## Sleep

- The amount of sleep you need depends on how old you are. Newborn babies usually sleep for 17 hours each day, older children around 9 or 10 hours a night, adults 7-8 hours a night, whereas older people may sleep for the same amount of time, but with only 3 or 4 hours of deep sleep.
- It's not helpful to regularly sleep more than 7-8 hours a night.
- Sleep only when sleepy
- Reduce the amount of time you are awake in bed
- Don't take naps during the day (and if you have to, nap for less than 1 hour, before 3pm)
- Maintain regular habits—go to sleep and get up at the same time each day, only use your bed for sleeping, don't take in caffeine, nicotine or alcohol at least 4-6 hours before bed
- Don't exercise for at least 4 hours before bed
- Have a light snack before bed (but not a big meal)
- Make sure the room is not too hot, too loud, or uncomfortable
- Try not to go to sleep with the TV on



## Stress and Mental Health

- Getting enough physical activity, maintaining a healthy diet and getting enough sleep have a huge effect on the way we feel. Taking care of ourselves in the ways already mentioned are the best place to start. It's also important to allow yourself time to relax, and to make sure you plan and manage your time effectively in general. Being unorganised and having to rush things is a major cause of stress. If you feel that you have mental health issues which also require further attention, visit your GP.

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## Weight

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- Once again, making sure that you eat healthily, get enough exercise, and maintain good sleeping habits will all help keep you stay at a healthy weight. Developing good habits, time management and self-discipline are all important factors, and there is no quick fix.
- It's also good to remember that we all have different bodies, and whatever the media tells you, there is no one standard shape or size that we all need to be. It's about getting to know your own body and treating it well.



## Smoking

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- The less tobacco you take in the better! Tobacco is full of harmful chemicals, and the best thing is to not smoke at all. There is plenty of help available if you want to give up smoking: [http://www.nhs.uk/smoke free](http://www.nhs.uk/smokefree)
- You can still enjoy alcoholic drinks, but be careful to drink amounts which are not harmful and excessive. The NHS recommends that men should not regularly drink more than 3-4 units of alcohol a day, whilst women should not regularly drink more than 2-3 units a day. If you've had a heavy drinking session, avoid alcohol for 48 hours, and don't drink alcoholic drinks before bed. For more information visit: <http://www.nhs.uk/Livewell/alcohol/Pages/alcohol-units.aspx>

**For more information visit:**

<http://www.nhs.uk/Livewell/>, <http://www.candi.nhs.uk/about-mental-health/mental-wellbeing/>,  
<http://www.wikihow.com/Image:Improve-Stamina-Step-16.jpg>, <http://www.guardianeatright.co.uk/>,  
<http://www.nhs.uk/smokefree>, <http://www.nhs.uk/Livewell/alcohol/Pages/alcohol-units.aspx>

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