

Survival Guide Fact Sheet 1

Healthy Living

Healthy living means a well-balanced diet, exercise and getting enough sleep. All these together can improve your mental and physical well-being.

Food

Fruits and vegetables are packed with essential vitamins and minerals that are beneficial to the body and vital for good health. Studies show that those who eat plenty of fruit and veg are at lower risk of developing many diseases.

Portion sizes

Everyone should have at least five portions a day of a variety of fruit and vegetables. An adult portion of fruit or vegetables is 80g. The amount of food a person needs varies with age, body size and levels of physical activity.

Examples of what one portion of fruit or veg could be:

- one banana, orange, pear, apple or a similar sized fruit
- half a grapefruit or avocado
- a slice of large fruit such as melon or pineapple
- two satsumas, plums or similar sized fruit
- a handful of grapes
- two handfuls of blueberries or raspberries
- one heaped tablespoon of dried fruit, such as sultanas, currants or cranberries
- three heaped tablespoons of fruit salad (fresh/tinned in fruit juice)

Or:

- three heaped tablespoons of vegetables (raw, cooked, frozen or tinned)
- three heaped tablespoons of any 'pulse' – beans, peas or lentils
- one cereal bowl of lettuce, watercress or spinach.

For more information, please visit:

www.gov.uk

www.nhs.uk

Keeping Fit

Finding an exercise you enjoy helps to increase the overall happiness in your life. Try to find activities that you're interested in. Having a friend to exercise with can make it easier.

Keeping fit can help you:

- live longer
- give you more energy
- prevent some diseases
- improve mental health
- relieve symptoms of stress, depression and anxiety.

If you have an illness or disability, you may qualify for discounted membership of your local gym/fitness centre through your GP. If you'd like to find out more, or think you may benefit from it, talk to your GP.

**Some gyms offer a free trial/pass.
For quick access to a number of one-three day gym passes
visit: www.moneysavingexpert.com**

