



Healthy living



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Being active and getting enough exercise



Moving about is good for your body and mind. Moving about can also be called **being active**.



There are lots of ways you can be more active.

You don't have to join a gym or run a marathon. Just do the things you enjoy.



People with a learning disability have worse health in their body and mind.



They also often die earlier than they should.



Not getting enough exercise can cause lots of health problems. This can lead to people dying early.



It is really important people with a learning disability live active and healthy lives.

How exercise works

Being active helps you in lots of ways.
It:



- makes you feel happier and gives you more energy



- makes you stronger and able to do more things



- is good for your heart and your blood pressure



- can help you fight diseases like cancer and diabetes



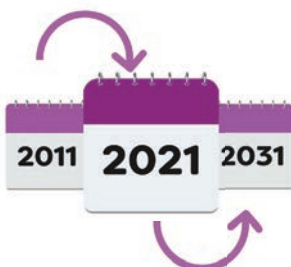
- can keep your joints and bones healthy



- can help you with your mental health and feeling well in your mind



- helps you lose weight and stay healthy



- helps you live longer

Our exercise top tips



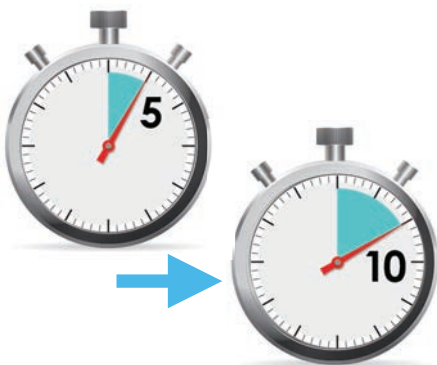
Try to get at least 20 to 30 minutes of exercise every day.



Try exercises that work different parts of your body. Things like swimming, cycling or walking.



Do some exercise that give you strength. Things like lifting weights, yoga or swimming.



Start off slowly and build up your strength. Don't do too much at first.

For example, you could start walking for 5 minutes a day. Then the next week, put it up to 10 minutes a day.

Helping older people to keep active



It is really important that people still stay active when they get older.



Sitting or lying down for a long time is not good for you. It can make your muscles weaker.



Older people need to do different types of exercise. They should do:

- at least 2 and a half hours every week of gentle exercises. Things like swimming or walking

and

- some harder exercise like walking up stairs or other sports





Older people also need to make sure they keep good **balance**.



Balance helps to stop you from falling over.



Good exercises for balance are things like playing bowls or dancing.



Older people need to do this 2 days a week, they need to build up their strength.



This could be by doing things like carrying shopping, gardening or doing yoga.



Staying strong and healthy in old age means you:

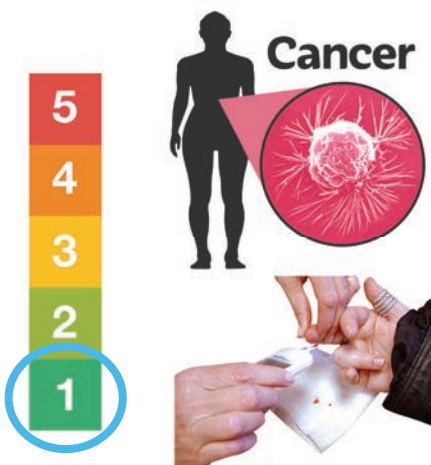
- won't put weight on as easily



- will be stronger so you will be less likely to fall



- will have better sleep



- will have less chance of getting heart problems and diseases like cancer or diabetes

Helping disabled adults to keep active



People with disabilities may need extra support to stay fit and active.



Everyone is different. You need to find out what works for you and what you like to do.

Staying active can also help disabled people to:



- meet new people and feel part of their local community



- be fitter and stronger



- have more confidence to do things on their own



- have better balance



- help fight diseases and live longer

Healthy eating and drinking

To stay fit and healthy it is really important to:

- eat the right foods



and

- drink plenty of water



What we eat and how much we eat has a big effect on our bodies.



You can work out what is a healthy weight for you.

Your doctor or other staff might help you do this at your **Annual Health Check**.



An **annual health check** is when your doctor does tests once a year to check you are well.

Why it is important to have a healthy diet



Your **diet** is the things you eat and drink.



If you don't eat the right foods, it can mean you have a chance of getting really ill.

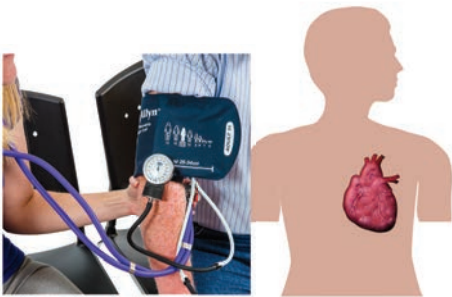


People with a learning disability have more problems with their weight. They don't always have a healthy diet.



Having a healthy diet helps you by:

- building a healthy **immune system**. An **immune system** is what your body uses to fight off illness



- keeping your heart and blood pressure healthy



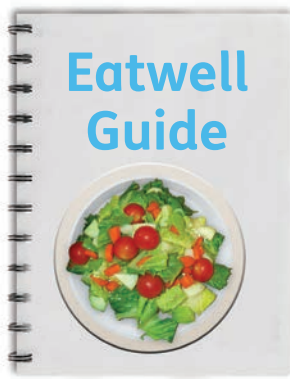
- keeping your teeth, bones and joints strong



- helping you get better and longer sleep



- keeping your skin, nails and hair healthy



To help you follow a healthy diet, you can use the **Eatwell Guide**.

This guide shows you what your plates of food should look like.



It also tells you what foods you should be eating and how much.



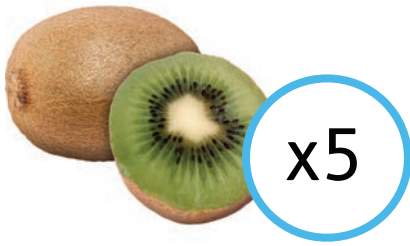
The Eatwell Guide splits foods into 6 groups:



1. Fruit and vegetables

We all need to eat lots of fruit and vegetables.

We should eat at least 5 **portions** of fruit or vegetables every day.

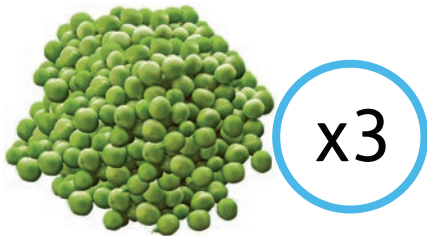


A portion is things like:

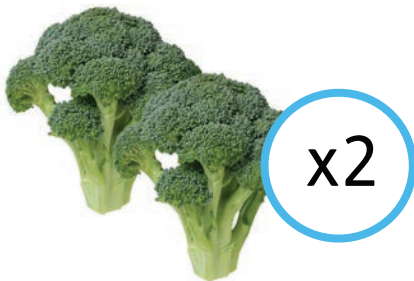
- 2 small fruits like plums or kiwis



- a handful of berries

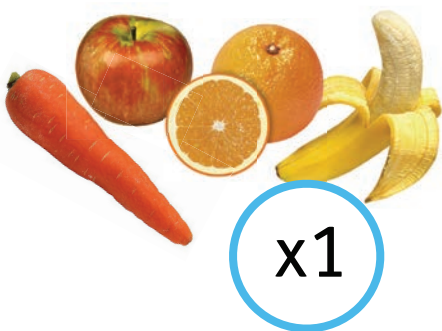


- 3 heaped tablespoons of peas



- 2 florets of broccoli

or



- 1 apple, banana, orange or 1 large carrot



2. **Carbohydrates** or **carbs** for short.

Carbs are foods like bread, potatoes and pasta.



These foods give us energy.



Foods with wholegrain and high fibre are best. Things like brown bread and brown rice.



3. **Protein**

Protein is foods like eggs, meat, fish cheese and nuts.



Protein does lots of good things for our bodies. It helps keep our muscles strong and gives us extra energy.



x2

We should eat 2 portions of fish every week.

Oily fish like salmon and mackerel is best.



4. Fat and sugar

Fat is things like oils and butter. Sugar is in desserts, sauces, chocolate and junk food.



We need a small amount of fat and sugar to help our bodies work properly.



Too much fat and sugar can make you put on weight. This mean you have more chance of getting ill.



You should always check the labels on your food and drink. This is to see how much fat and sugar is in it.



5. Salt

Nearly all the salt we eat comes in the food we buy.



Adults should not have more than 6 grams of salt a day.



Too much salt can cause high blood pressure and make you poorly.



6. Dairy

Dairy means things like milk, yoghurt and cheese.



Dairy foods are high in **calcium**.

Calcium helps to keep your bones strong and healthy.



But some dairy food can also be high in fat. You should try to buy low fat options.



Drinking enough liquid

Over half the human body is made up of water.



That is why it is really important to drink enough to stay healthy.



People should have 6 to 8 drinks of water everyday.



Water is best. Tea, coffee and drinks without sugar all count too.



You can tell if you are drinking enough when you go for a wee.

If you have drunk enough, your wee should be very pale yellow.



Not drinking enough water can cause lots of different health problems.



Our healthy eating top tips

Weigh yourself often to make sure you stay at a healthy weight.



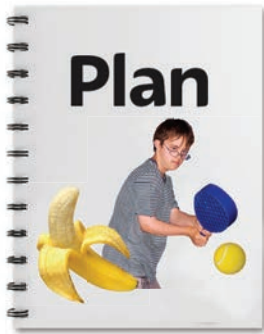
Eat a good healthy diet with the right amount of food.



Have lots to drink. You could buy a water bottle so you can keep an eye on how much you drink.



Move about often. Find something you like doing to keep active and do it often.



Make a plan about how you will eat healthy foods and stay fit. Then stick to the plan.



Get the right support. There are lots of staff who can help you stay fit and healthy.



Ask your doctor if you need extra support.



Don't drink too much alcohol or take drugs. They can cause lots of health problems.

Smoking



Smoking is really harmful to people who smoke and others who breathe the smoke in.



Smoking kills lots of people every year.



It can be really hard to stop smoking.



Inside a cigarette or cigar is something called **nicotine**.

Nicotine is really **addictive**. This means your body gets used to having nicotine.



Then your body wants nicotine all the time.



When you stop smoking:

- you can breathe more easily



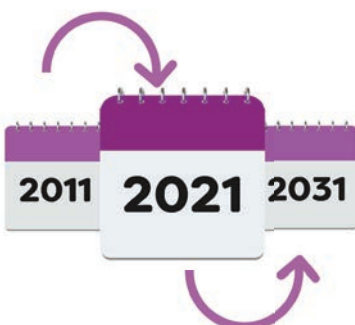
- you will feel less stressed because your body stops needing the nicotine



- you will feel less guilty about smoking and harming other people



- you will have more money



- live longer



- your skin and teeth will look much better

Our top tips to stop smoking



Get help from your local stop smoking service.



Write a plan of why you want to stop smoking. Keep the plan where you can see it and stick to it.



Keep thinking you can do it. Ask family and friends to help you too.



Try to stay away from people and things that make you want to smoke.



Getting enough sleep



It is really important to get lots of good sleep.



7 hours



9 hours

Adults need between 7 and 9 hours of sleep every day to stay healthy.



Sleep helps you to:

- have more energy



- keep your body healthy and get better from an illness

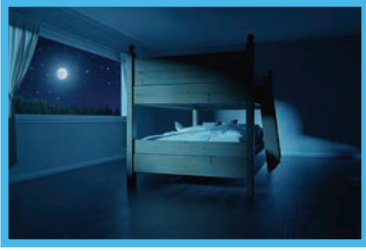


- stop falling and having accidents



- stop getting stressed and worried

Our top tips for getting good sleep



Make sure you sleep in a dark, calm and quiet place.



Try to go to bed at the same time and get up at the same time everyday.



Before you go to sleep:

- have a warm drink and relax for an hour



- don't go on a phone or laptop



- don't drink tea or coffee, have a big meal or eat chocolate



Do lots of exercise in the day. This will help you feel more tired and sleep better.



Try not to get stressed. Writing down any worries you have can help.



If you wake up and can't get back to sleep, get up.



Wait until you feel sleepy then go back to bed.