



Health Challenge Wales

Accessible Information on Healthy Living

In partnership with



Directorate of Learning Disability Services
Cyfarwyddiaeth Gwasanaethau Anabledd Dysgu

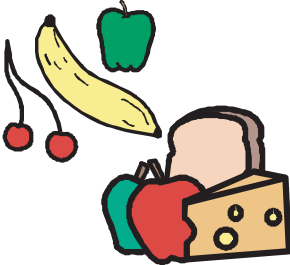


This booklet has been made by the Directorate of Learning Disability Services, Bro Morgannwg NHS Trust and the Welsh Assembly Government.

It gives information on living a healthy life.



4 steps to better health



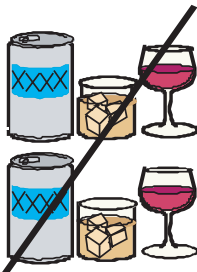
Eat the right food



Take regular exercise



Do not smoke



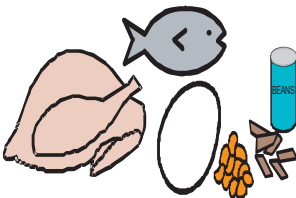
**Do not drink
too much alcohol**



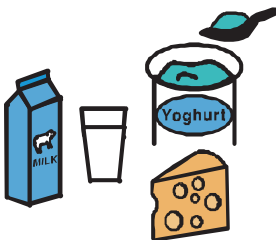
Step 1 - Healthy foods to eat



**Bread, potato, pasta,
rice, breakfast cereals**



**Lean meat, fish,
eggs, beans**



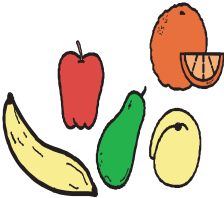
**Low fat milk, yoghurt,
cheese**



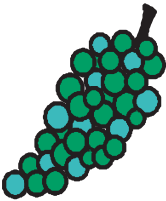
**Lots of fruit and
vegetables, about 5 lots
(portions) a day**



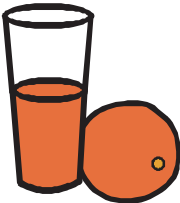
A portion of fruit or vegetables is...



1 banana, apple, pear, peach or orange



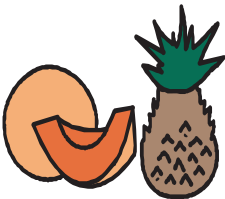
1 handful of grapes



1 glass of unsweetened fruit juice



3 tablespoons of carrots, peas or other vegetables



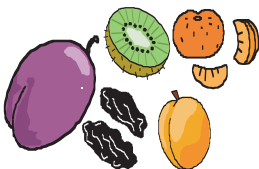
1 large slice of melon or pineapple



And there is more...



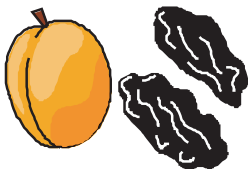
1 bowl of strawberries or raspberries or rhubarb or gooseberries



2 plums or kiwi fruit or prunes or apricots or satsumas



1 bowl of salad



1 tablespoon of dried fruit like apricots or prunes

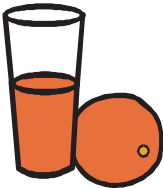
Fruit and vegetables can be fresh or frozen or tinned



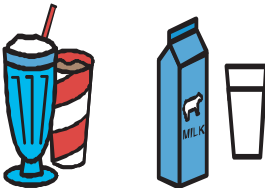
Remember to drink lots of fluids every day



Water - plain or flavoured



Reduced sugar squash or unsweetened fruit juice



Low fat milk or milk shakes



Cup of tea or coffee

You need to drink about
8 to 10 glasses or cups of
fluid every day



More information



www.eatwell.gov

www.salt.gov.uk

www.bbc.co.uk/bigfatproblem

www.nutrition.org.uk

www.bhf.co.uk

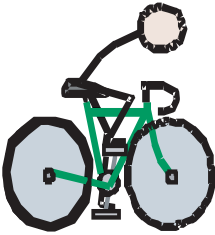
www.bdaweightwise.com/bda



Step 2 - Take regular exercise



Walking



Cycling



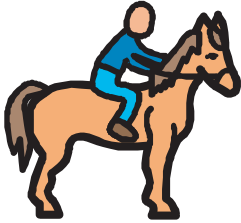
Walking up stairs



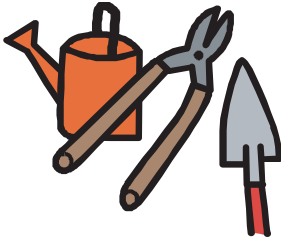
Swimming



And there is more...



Horse riding



Gardening



Dancing



Walking to the shops



More information



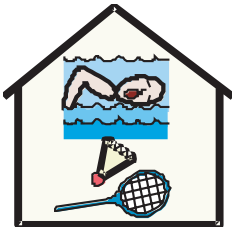
Your local library



Your local newspaper



Your local council website



Your local leisure centre



More information



www.sports-council-wales.co.uk

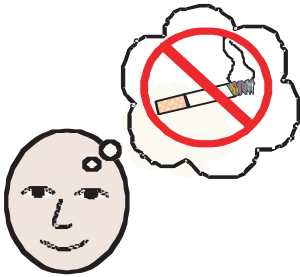
www.bbc.co.uk/bigfatproblem

www.bhf.co.uk

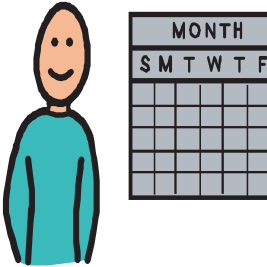


Step 3 - Do not smoke

But if you do then...



Think of reasons to stop smoking



Set a date to stop



Ask your friends or family to help you



Get other help such as



**National Smoking
Cessation Wales
0800 085 2219**



**Smoker's Helpline
0800 169 0 169**



**www.ash.org.uk
www.stub.org.uk**



**You can get a free
booklet called
**Stopping Smoking
Made Easy**
from your doctor's surgery**



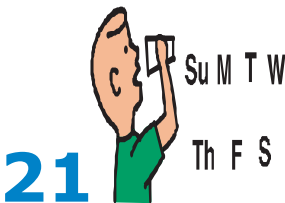
Step 4 - Not too much alcohol



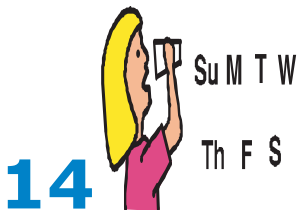
Small amounts like 1-2 units a day can be good for you



Too much can make you ill



You can have up to 21 units a week if you are a man



You can have up to 14 units a week if you are a woman



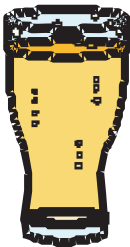
A unit of alcohol is...



1 small glass of wine



**1 pub measure of whisky
or gin or rum or brandy**



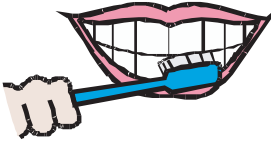
**Half a pint of beer
or lager or cider**



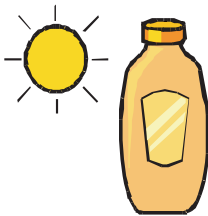
For more information contact
www.alcoholconcern.org.uk



More ideas to keep you healthy



Look after your teeth



Use lots of suncream if you go out in the sun



Keep your room or office clean and tidy



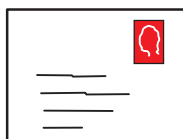
Eat different foods each day



But most of all... smile and have fun



Contact Details



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www.wales.gov.uk/healthchallenge



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