Keeping healthy

Why keeping healthy is important

 Easy read fact sheet

 It is important to keep healthy so you feel fit and well.

 Keeping healthy can give you more energy.

 It can help keep your bones and teeth strong.

It might help you feel happier.

It might help stop you from getting sick.

It can help you keep a healthy weight.

Being overweight might make you unwell.

Not weighing enough can also make you unwell.

If you are worried about your weight you should speak to your doctor.

How to keep healthy

Eating well and being active helps you keep healthy.

There are lots of ways to keep active.

You can try different exercises.

You do not have to go to a gym.

You could go for a walk or ride a bike.

You could even try dancing!

Some people join teams or clubs, so they can exercise with friends.
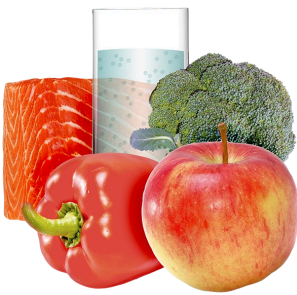
You should find an activity you enjoy, so you want to do it.

To eat well you should eat lots of fruit and vegetables.

It is good to eat different types of food.

This is called a balanced diet.

Try not to eat too many snacks like chocolate or crisps.

Sugary snacks and drinks can be bad for your teeth.

You should drink lots of water.

The National Health Service (NHS) says adults should have 8 glasses of drink a day.

That includes low-fat milk and sugar-free drinks.

You might not be able to do all of these things.

Everyone is different!

You can speak to your doctor about the best ways to keep healthy.

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