

healthy lifestyles



LOOK OUT FOR

- You are young, you have a whole lifetime ahead of you. Enjoy feeling active and energised.
 - Exams or other pressures may be stressing you out - being active can make a real difference.
- Avoid:**
- Eating too much junk food.
 - Drinking too many fizzy drinks.
 - Getting lazy, avoiding exercise and putting on weight.
 - Getting too stressed with exams or other pressures.



WHAT NEXT

- You don't need to join an expensive gym to get fit. Jog in the park or walk more, every bit helps!
- Try to eat more fresh fruit and vegetables.
- If you're feeling uptight about exams or other pressures try to set yourself realistic targets and make sure you get a good break every now and again.
- If you feel anxious or depressed talk to your parent/carer, doctor or teacher.
- Register with a local doctor for your health support and access to other health services.



CONTACTS

- Connexions Direct
080 800 13 2 19
www.connexions-direct.com
- www.nhs.uk/change4life
- www.nhs.uk/LiveWell/TeenBoys
- www.nhs.uk/LiveWell/TeenGirls
- www.channelmogo.org go to 'Need some advice' and 'Health' and the 'Events' sections

"I say, enjoy your life to the full - get out there and go for it!"

What is a healthy lifestyle? Balance is the key. It's about what you put into your body and also how you burn that energy off. Food is burned in our bodies to create energy. If we don't use it, we get fat!

Keeping active will improve your overall health, your mood and help to keep a healthy body weight. Too much watching TV or playing computer games just won't help you look or feel good. Just because you aren't sporty doesn't mean you can't be active. Take a walk, visit a park or start a dance class.

It's really true that a healthy body can help towards a healthy mind. Being active can reduce your stress levels and can give you the time to think clearly. Fresh air helps too.

Avoid fast foods like burgers, pizzas and kebabs as much as you can and try to plan them as an occasional treat. Try to eat more fresh fruit and vegetables and read nutritional information on food packaging.

There are other areas of our health we need to think about like sexual health, healthy teeth, drugs and alcohol and generally looking after ourselves.

