

# Healthy Lifestyles

An easy-read booklet





# Healthy Lifestyles



Mental  
Health



Physical  
Health

**Health is about more than being free of illness. It is also about having a healthy lifestyle, which helps you feel good physically and mentally.**



**It also means looking after yourself.**



**These are lots of things you can do to improve your health and keep yourself well.**



**This includes a healthy and balanced diet, doing regular exercise and looking after yourself.**

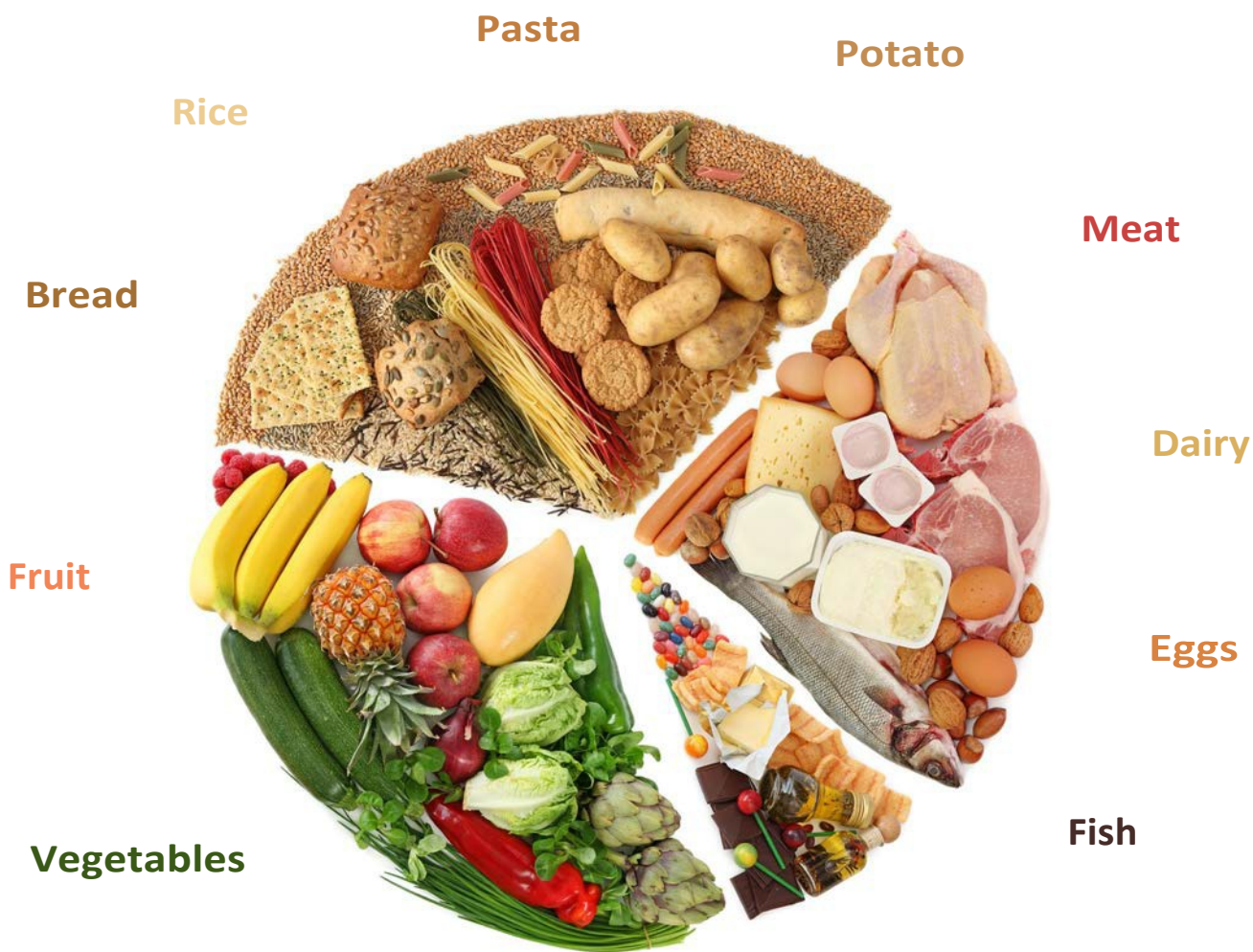
# Diet



Eating a balanced diet helps to keep you a healthy weight, and may help to stop you getting some diseases.



Eating a balanced diet makes you feel good too! Try to choose a variety of different foods to help you get the range of nutrients your body needs to stay healthy.



# Exercise and being active



**You should try to be active for half an hour every day.**



**Regular exercise is very important to keep your body healthy. It will also help to keep you a healthy weight.**



**There are lots of different ways of exercising. For example: walking, dancing, or swimming. It is important to find activities that you enjoy.**



**If you have not exercised for a long time, begin by doing just a little at a time.**

**You can slowly increase the amount of exercise that you do.**

# Exercise and being active



## Walking

Walking is good for you, is especially good for your heart. Walking is also free!



If you have a smartphone or wearable device, you can use it track how many steps you walk a day.



A good target is to do 10,000 steps day, but any amount of activity beyond what you are currently doing will be good for you.



Walking is just one way to keep active.

# Exercise and being active



## Swimming

**Swimming is a great way to keep active.**



**The water offers support and resistance for your body and provides a less jarring impact than running or going to the gym.**



**Swimming is good for keeping your joints and muscles healthy.**

**Lots of the leisure centres in Norfolk and Waveney offer swimming sessions for people with a learning disability. These are at set times where the pool will be a little quieter.**



**Go to [www.suffolksport.com/icanswim](http://www.suffolksport.com/icanswim) or [www.activenorfolk.org/disability-clubs](http://www.activenorfolk.org/disability-clubs) for more information**

# Exercise and being active



## Going to the gym

Going to the gym is a good way to keep active, with lots of different activities to exercise different areas of your body.

Most gyms have equipment such as:



**Treadmills**  
(for running)



**Cycling Machines**



**Rowing Machines**



**Free Weights**



**Weight Machines**



**Floor Area**  
(for sit-ups, stretches etc)

# Alcohol



Alcohol is so widely used that we sometimes forget the harm it can cause to our physical and mental health.



What are the sensible drinking guidelines?

Women shouldn't regularly drink more than 2-3 units a day and men 3-4.

## Examples of units in common drinks



**Pint of Lager**  
2.6 units



**Glass of wine**  
2.3 units



**25 ml of spirit**  
1 unit



**Alcopop**  
1.1 units

# Alcohol: What happens when we drink more than the sensible drinking guidelines?



## Putting on weight

**Alcoholic drinks contain more calories than you think. If you're worried about putting on weight you should think about cutting down how much alcohol you drink.**



## Dehydration

**Alcohol dehydrates the body. This is partly what causes 'hangover' symptoms. If you've been drinking alcohol, drink plenty of water before going to bed.**



## Sleep problems

**Alcohol can sometimes help you sleep, but even small amounts stop the deep sleep that we need to feel alert and refreshed.**



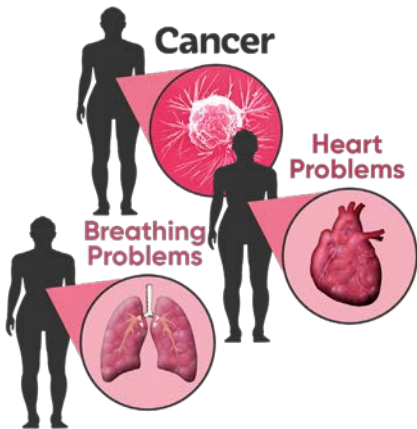
## Early ageing

**Dehydration and lack of proper sleep is not good for your skin and hair.**

# Smoking



**Smoking is not good for you. Smoking can make you ill.**



**Smoking can cause cancer, breathing problems, and heart disease.**



**If you smoke and would like to quit, there are lots of people who can help, such as a doctor or pharmacist.**



**Your doctor can do a lot, such as enrolling you in a “stop smoking” clinic, and prescribing nicotine replacement therapy, such as patches and gum, or stop smoking medication.**

# Smoking: if you smoke and want to quit



## Join your local stop smoking service

You can join a local group that meets once a week or have one-to-one support if you prefer. You usually go for a few weeks and work towards a quit date.



Find your nearest NHS Stop Smoking Service at [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree), or call the Smoke free National Helpline on **0300 123 1044** to speak to an adviser.

## Free online support



You can sign up for 28 days of free quitting advice and tips straight to your inbox to increase your chance of success!

Go to [quitnow.smokefree.nhs.uk](http://quitnow.smokefree.nhs.uk) to get started



## Smoke free App

The smoke free app is a 4 week programme that puts practical support, encouragement and tailored advice in the palm of your hand. It's available on the App Store and Google Play.

# Services available in Suffolk



One Life Suffolk provides healthy lifestyle services across Suffolk.



One Life Suffolk provide programmes on weight management, help to stop smoking, support to keep active and health checks.



Active

## The Get Help to Get Active Service

This service aims to support inactive adults with long term health conditions to become and stay more physically active.




The aim is to improve quality of life; including physical, mental and social wellbeing.

# Services available in Suffolk




## The Get Help to Get Active Service

The service is available to anyone doing less than 30 minutes of exercise a week **and** who has one of the following health conditions:



**Heart Problems**

**Cardiovascular disease**  
(conditions affecting the heart or blood vessels)

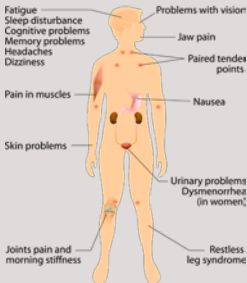


**Type 2 diabetes**



**Cancer**

**Living with cancer or treated for cancer in the last 5 years**



**Fibromyalgia**

Fatigue  
Sleep disturbance  
Cognitive problems  
Memory problems  
Headaches  
Dizziness  
Problems with vision  
Jaw pain  
Paired tender points  
Nausea  
Urinary problems  
Dysmenorrhea (in women)  
Restless leg syndrome  
Pain in muscles  
Skin problems  
Joints pain and morning stiffness

**Fibromyalgia**  
(a long-term condition that causes pain all over the body)



Please note that all participants are advised to check with their healthcare professional that it is safe for them to take part in physical activity.



The service offers a year’s free support.

Call **01473 718193** to find out more.

## Services available in Norfolk



**Slimming World can help with losing weight.  
For more information visit:**

**[www.slimmingworld.co.uk/](http://www.slimmingworld.co.uk/)**



**Norfolk** County Council

**Norfolk council website has lots of useful links  
and information. For more information visit:**

**[www.norfolk.gov.uk/](http://www.norfolk.gov.uk/)**



**Find local clubs and events to get active.  
For more information visit:**

**[www.activenorfolk.org/](http://www.activenorfolk.org/)**

## Tips to build activity into your day:



**Walk or ride part of your journey to work or the shops**



**Get off the bus a stop before your destination**



**Try an online video workout**



**Exercise in front of the TV**



**Go for a walk or a ride with your friend rather than meeting for coffee**



**Exercise whilst doing hobbies. Things like gardening keeps your body active**







# Primary Care Accessible Resources

## Resource 14: Healthy Lifestyles

Suffolk Learning  
Disability Partnership



This booklet was co-produced by Ace Anglia and members of the 'Staying Healthy, Safe & Well' Workstream of the Joint Suffolk Learning Disability Strategy 2015-20.



The resources were originally funded by clinical commissioning groups in Suffolk. They have been amended for use across Norfolk and Waveney with the permission from Suffolk clinical commissioning groups.



This booklet forms part of a number of information packs on LD health checks that help to explain things about primary care. Other information leaflets that you may find useful are available at your local GP practice.



Designed by: **Ace Anglia: Accessible Information**

For more information, please e-mail:  
[info@aceanglia.com](mailto:info@aceanglia.com)

Made using:

