

TOP 10 TIPS

1 Start your day the healthy way

Mornings can often be rushed meaning that breakfast can sometimes be skipped. Eating a well-balanced breakfast has been proven to help concentration levels; keep blood sugar steady throughout the day and reduce cravings and overeating.

Try an omelette with a handful of spinach, porridge with berries and mixed seeds or wholemeal toast with nut butter.

2 Stay Hydrated

Drinking water is one of the most important things we can do for our health. Aim to drink 1.5 to 2 litres of plain water a day (more in the heat or when exercising).

For some added flavour, try adding some lemon, lime or orange slices, herbs such as mint or basil, or add a fruit teabag. Caffeinated drinks such as tea and coffee can be dehydrating so limit these to 2 or 3 cups a day or swap for herbal teas.

3 Fill up on fibre

Fibre is a very important part of our diet. It is needed for a healthy digestive system and can reduce the risk of developing diseases such as Heart Disease, Type 2 Diabetes and bowel cancer. Increasing fruit and veg is a great way to get more fibre in our diet.

Go for a rainbow of colours to ensure a wide variety of nutrients. Wholegrains are also high in fibre so swap white refined products for wholegrains such as wholemeal bread and pasta, brown rice, wholegrain cereals, porridge and quinoa.

4 Don't fight the fats

Fat has been vilified over the years, but it is extremely important that we eat the right type of fat such as Omega 3.

Try and eat oily fish twice a week such as salmon, sardines, mackerel and pilchards. Vegan options include chia, flax and hemp seeds. Other sources of good fats include avocados, nuts and seeds and olive oil.

5 Ditch the doughnuts

Processed foods such as cakes, biscuits, takeaways and ready meals are high in saturated fats, sugar and salt. They can cause weight gain, mood swings, low energy, poor sleep and can lead to illness and disease. If the label has a long list of ingredients, you can be sure it is processed.

Stick to whole foods as much as possible.

6 Avoid alcohol



Alcohol is taxing to the liver and high in calories and sugar. It can cause weight gain, mood swings, poor quality of sleep and disease.

Aim to have a few alcohol-free days a week, reduce the amount drunk in one sitting or swap to low alcohol versions.

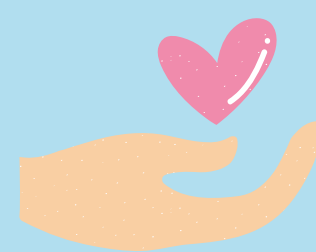
7 Plan and Prepare



Healthy eating is much easier if it is planned and prepared in advance. Make a meal planner for the week; batch cook meals to portion and freeze; prepare healthy snacks that are ready to eat; organise your fridge and food cupboards; write a shopping list for the week and stick to what's on it.

Don't go out shopping when hungry!

8 Be Good to yourself



Stress is a contributing factor to many illnesses so practising self-care is a very important part of a healthy lifestyle.

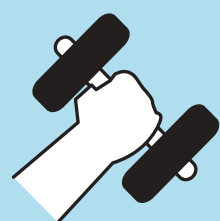
Take time out to do something you enjoy, read a book, have a relaxing bath, go for a walk, meditate, do some gardening, or take up a new hobby.

9 Get some sleep



It has been well documented that poor quality sleep can affect our health. Getting the recommended 7-9 hours a night is, for most of us, a pipe dream (pardon the pun!) But we can support a better night's sleep by practising a good bedtime routine. Ditch the digital at least an hour before bed; don't eat a heavy meal at least 2 hours before bed; use blackout blinds or an eye mask; ensure the right temperature in your room; do not drink caffeine after 4pm; and practise deep breathing or meditation.

10 Get Active



Keeping fit and active is an essential part of a healthy lifestyle. It helps prevent against a range of diseases, elevates moods, helps maintain a healthy weight and strengthens muscles, which is very important especially as we age. Aim for either 150 minutes of moderate exercise a week or 75 minutes of vigorous exercise a week.

You should also include muscle strengthening activity twice a week such as using weights, yoga or even carrying heavy shopping.

For support to improve your health and wellbeing contact the Wellbeing Team:

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https://digital.horsham.gov.uk/outreach/LEI_WellbeingReferral.ofml