

Healthy lifestyles

Balance is the key

Being healthy is a big part of being happy. A healthy lifestyle simply means that the way you are day to day, makes you feel physically and mentally fit and well.

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 - simple!

If your lifestyle is not a healthy balance - for instance through not exercising, eating too much fatty and sugary foods, drinking alcohol, getting involved in drugs or by keeping worries and problems to yourself - you are more likely to become ill, have trouble concentrating at work or school or be unhappy or depressed. Being active can reduce your stress levels and can give you the time to think clearly.

Your lifestyle has a big affect on how you feel and what you get out of life, both now and in the future. So it's a good idea to find out more about how to live healthily.

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

What you can do

- Be responsible for your own health, only you know how you feel.
- Keep it fun! Healthy living is all about getting the balance right, enjoying yourself and being happy is a key part of a healthy lifestyle.
- Get active! See if your friends would like to go rollerblading or play football rather than watching TV.
- You don't need to join an expensive gym to get fit. Jog in the park or walk home, every bit helps!
- If you feel anxious or depressed talk to your parent or carer, GP or teacher.

Five Ways to Well-being

Connect...

with family, friends, colleagues and neighbours at home, work, school or in your local community.

Be active...

Being active makes you feel good.

Take notice...

Be aware of the world around you and what you are feeling.

Keep learning...

Learning new things is fun and will make you feel more confident.

Give...

Do something nice for someone.

Sunbeds

Sunbeds aren't a safe alternative to tanning outdoors. Like the sun, sunbeds give out harmful ultraviolet light which damage the DNA in our skin cells and can cause skin cancer.

Sunbeds also cause premature skin ageing, which means that your skin becomes coarse, leathery and wrinkled at a younger age. So when the tan fades, the damage remains.

People with fair skin that tends to burn are at higher risk of problems from sunbed use than those with darker skin. Young people also have delicate skin and are more likely to damage it by using sunbeds.

You should NEVER use a sunbed if you are under 18.

www.sunsmart.org.uk

Who can help?

- Healthy Living Team
- Friends

Contacts

- www.nhs.uk/Change4Life
- www.sunsmart.org.uk
- www.healthysthelens.co.uk 0300 300 0103