

Healthy Living

what you can do
to be healthy





Healthy living means you are keeping your body and mind in a good condition.

Eating a balanced diet can help you to feel your best.

You need different foods in the right amounts. You need starchy food, fruit and vegetables, protein, dairy and fats.

What you need depends on how much exercise you do, or if you are ill, or for women, if you are pregnant.



Drinking enough water is very important. Clean water is all people need to drink.



Exercising is very important. It helps you to become stronger physically and mentally.

Vaccinations will prevent infections. You should speak to your GP about vaccinations you might need.



For more information visit

www.nhs.uk/live-well/eat-well/
www.doctorsoftheworld.org.uk/



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