

Wiltshire Council

Top tips for a healthier, happier you

Would you like loads of tips and ideas to make small changes to your lifestyle that can add up to a happier, healthier you?

If the answer is **yes** then pick me up and **start reading**.

Inside you will find top tips on healthier eating and drinking, being active every day and emotional wellbeing, plus links to further information.



A healthy balanced diet gives you all the nutrients and fuel you need; not too much and not too little.

Make it five-a-day

Eat at least five 80g portions of fruit and vegetables every day. On average a portion is the amount of the fruit or vegetable that fits into the palm of your hand. At each mealtime think about ways to add more fruits and vegetables to your diet. Try adding chopped carrots to Bolognese sauce, or chopped bananas to breakfast cereal. Remember fresh, frozen or tinned fruit and vegetables can help you achieve five-a-day.

Trim the fat

Choose lower or reduced fat foods to eat less fat, especially saturated fat. Use butter or high fat spreads sparingly. Cut fat off meat. Grill or bake rather than fry foods. Drain fat off cooked mince before you add other ingredients.

Pack a healthy snack

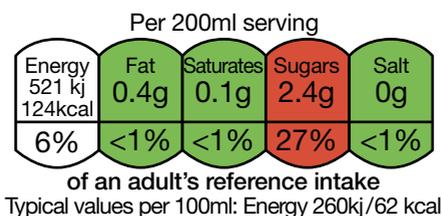
Swap sweets or crisps for healthier options such as fruit, carrot sticks, nuts and seeds or non sugar popcorn.

Increase the amount of fibre you eat

Swap white bread, rice or pasta for wholemeal or wholegrain versions, aim for 30g of fibre a day for adults.

Don't buy blind

Use food labels to compare products and choose the healthier option. the healthier options. Some 'low fat' foods may be high in sugar or salt. Most food products have colour coding on the front which tells you at a glance if the food has high (red), medium (amber) or low (green) amounts of energy (kcal), fat, saturated fat, sugar and salt. Look for more greens and ambers than reds in your shopping basket.



Reduce your daily sugar intake

Added sugars shouldn't make up more than 5% of the energy (calorie intake) you get from food and drink each day.

That's about 30g a day or seven teaspoons for adults and six teaspoons for children.

Nutrition labels tell you how much sugar a food contains.

- High is over 22.5g of sugar per 100g
- Low is under 5g of total sugar per 100g

It's surprising just how much sugar is added to a wide range of foods. Watch out for other words used to describe added sugar in the ingredients list such as sucrose, glucose, fructose and those naturally present in honey, syrups and unsweetened fruit juices.

Think about what healthier sugar alternative you could swap to. Here are a few examples:

The breakfast swap: sugary cereal for plain cereal, like a wholewheat biscuit cereal or oatmeal.

The drink swap: sugary drinks to sugar-free or no-added-sugar drinks or water.

The pudding swap: ice cream to low-fat lower sugar yoghurt or fruit.

Watch your salt intake

When shopping, check labels and choose foods that are lower in salt. Stop adding extra salt to your food during cooking and at the dinner table and eat foods high in salt less often, such as sauces and condiments.

- High is more than 1.5g salt per 100g
- Low is 0.3g salt or less per 100g



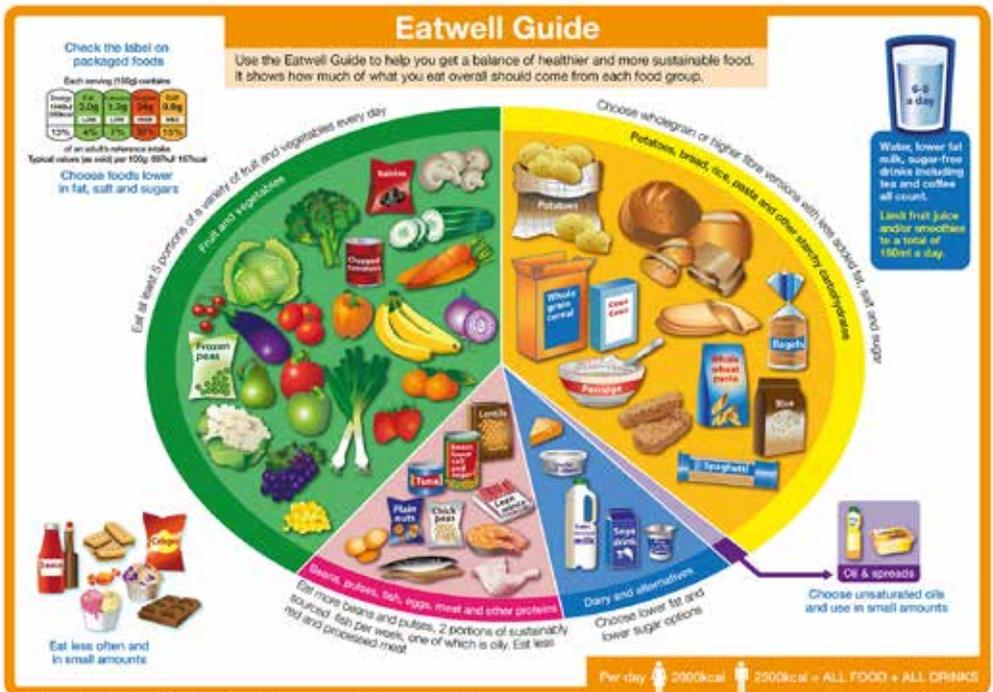
Caution with your portion

You'll eat less food than usual if you change to slightly smaller plate sizes. We tend to want to fill plates whatever size they are.

Keep to a routine — aim to eat at similar times every day and have some breakfast as avoiding breakfast has been linked to weight gain.

Get the right balance

The eatwell guide shows how much of what you eat should come from different types of foods. This includes everything you eat throughout the day, including snacks. It doesn't have to be every meal but over several days the food you eat should make up the proportions of the food groups from the eatwell guide.



Source: Public Health England in partnership with the Home government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Think about your drink

Are you drinking enough? If you have pale and clear urine – you're well hydrated. If it's dark – drink more fluid.

Choose water or sugar-free drinks, tea, coffee or sugar free squash.

Unsweetened fruit juices contain natural sugars so fruit juice should only be drunk once a day (150ml) and with a meal because it can be high in sugar and cause tooth decay. Swap it for water or dilute with water and for children swap it or dilute it with water or offer low-fat milk as an alternative.

Alcohol is surprisingly high in calories

In fact almost as many as pure fat. Did you know a glass of wine or a pint of beer contains as many calories in the form of sugar as:

- a slice of cake
- a muffin
- a small portion of chips
- a slice of pizza.

Focus on your food

Enjoy every mouthful, you'll eat slower as well. Avoid eating on the go or watching TV – both make it easy to eat a lot without even noticing, or enjoying it fully.

To find out more

One You

One You provides a range of information and tips on leading a healthier lifestyle. Sign-up today to receive your own personalised support pack.

Visit: www.nhs.uk/oneyou

NHS Choices

This website gives all the information you need to make better choices about healthy eating.

Visit: www.nhs.uk/livewell

British Heart Foundation

This website provides lots of good advice on keeping your heart healthy, including useful tips on eating healthily.

Visit: www.bhf.org.uk

A healthy level of physical activity gives you the fitness and flexibility to do the things you want to do.

Aim to be active every day and make it enjoyable

Being active isn't just about our health, it's about having fun too – after all, if we don't enjoy it, we won't keep it up. There are lots of activities out there, so give a few a try and see what is right for you. Maybe get some friends or family to join you.

Up on your feet

Aim to reduce the time you spend sitting or not moving, besides sleeping. If you sit a lot, getting up for ten minutes out of every hour will help keep you healthy. Try walking around when you talk on your phone.

Walk off calories and weight

Aim for 10,000 steps a day. Cheap and easily bought pedometers can count your steps and keep you on track. Take your dog or the neighbour's dog for a walk.

Take the stairs

Stair climbing can burn more calories per minute than jogging.

Skipping

An excellent way to keep fit, skipping can be done anywhere at any time.

Make a reminder

Put your walking shoes near the door.

Go for 150

In an average week adults are recommended to do a total of 150 minutes of moderate activity over at least five days. The aim is to get your heart beating faster for at least 10 minutes at a time. Work towards building up these 10 minutes blocks into a total of 30 minutes a day for five days. Children and young people need at least twice as much. Moderate activity for adults includes: brisk walking, using the Hoover, painting and decorating, gardening, cycling, or sports like football, running or swimming.

Go for 75

You can get the same benefit as 150 minutes of moderate activity by doing 75 minutes of vigorous physical activity over a week, or a mixture of the two. Vigorous activity includes: aerobics, strenuous dancing, fast cycling, swimming, running or fast sports.

De-stress your mind and body

Activities like Pilates, Yoga or Tai Chi can help to reduce stress while improving flexibility, concentration levels and sleep patterns.

Build it up – increasing your current level of activity is best done gradually over a few months. This will let your body adjust to the change.

Use an app on your phone to help you stay on track

Go to apps.nhs.uk for inspiration

Activity tips for the whole family

More information can be found by visiting www.nhs.uk/change4life or www.activewiltshire.org.uk

What next?

The good news is that there are lots of different ways to become active and benefit your health. Here are some links to specific activities and why not contact your local Health Trainer to support you:

Wiltshire Health Trainer service

www.wiltshire.gov.uk/healthandsocialcare/healthtrainers

Get Wiltshire Walking

www.wiltshire.gov.uk/getwiltshirewalking

Wiltshire walking football sessions

www.wiltshirefa.com/players/walking-football

Wiltshire's cycle programme

www.goskyride.com/wiltshire

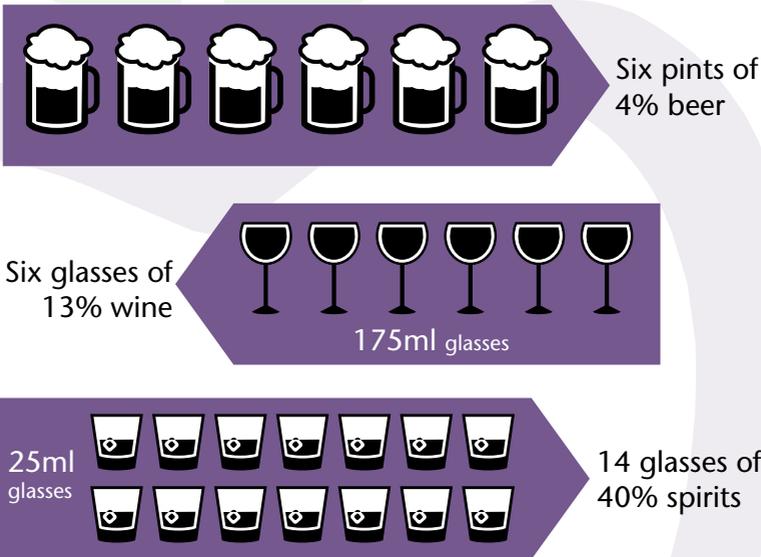


Reducing alcohol intake

Tips to help you manage the amount of alcohol you drink

Unit guidelines are now the same for men and women. Both are advised not to drink regularly more than 14 units a week.

This is what 14 units looks like



But don't save up your 14 units, it's best to spread evenly across the week.

If you want to cut down the amount you're drinking, a good way is to have several drink-free days each week



Alternate an alcoholic drink with a glass of water or a soft drink

This will help to prevent you becoming dehydrated.

Opt out of rounds and drink at your own pace

Drinking in rounds can mean you end up drinking more than you intended.

Pace yourself

Try taking small sips.

Don't drink on an empty stomach

Eat a healthy dinner before you start drinking and eat some light snacks whilst drinking.

Avoid 'binge drinking'

Some people are under the false impression that they can 'save up' their units to binge at the weekend.

Dilute your drink

If you're drinking white wine, why not add a splash of soda water to help the same number of units last longer?

Choose lower alcohol drinks

These are a simple way to cut down and there are a lot of great tasting choices out there! Providing you drink the same number of drinks you consume fewer units of alcohol and are more likely to stay within the lower risk guidelines.

Use slim jims

We tend to pour a third more drink into shorter, wider glasses than tall thin ones because it looks less in a fatter glass. Try to use slim glasses.

Out of house, out of mind

If there's alcohol in the house, then we're likely to drink it. Simply don't buy it in the first place.



Try not to drink more than one energy drink over the course of a night

Drinking energy drinks with alcohol can trick your brain and lead to a state called 'wide awake drunk', though you might feel alert when you combine the drinks, your body is still experiencing the effects of alcohol. That means you can end up drinking more without realizing that your judgment, balance and coordination are being affected. Keep a careful track of the number of units you're drinking to avoid exceeding the lower risk guidelines.

Take a break from alcohol

Try and have a minimum of two alcohol free days in a row every week. You may also feel better in yourself, more alert and generally brighter without alcohol in your system. In the long term, cutting back on alcohol will lower your risk of serious diseases such as cancer, liver disease and stroke. It can also be a contributory factor to depression, anxiety, insomnia, impotence and high blood pressure.

Mood

There's a strong link between heavy drinking and depression, hangovers often make you feel anxious and low. If you already feel anxious or sad, drinking can make this worse, so cutting down may put you in a better mood generally.

Sleep

Drinking can affect your sleep. Although it can help some people fall asleep quickly, it can disrupt your sleep patterns and stop you from sleeping deeply. So cutting down on alcohol should help you feel more rested when you wake up.



Did you know?

Most people who have alcohol-related health problems aren't alcoholics. They're simply people who have regularly drunk more than the recommended levels for some years. 'Regularly' means drinking this amount every day or most days of the week. There's no guaranteed safe level of drinking, but if you drink below recommended daily limits, the risks of harming your health are low.

The risk of developing a range of illnesses (including, for example, cancers of the mouth, throat and breast) increases with any amount you drink on a regular basis.

If you wish to cut down the amount you're drinking, a good way to help achieve this is to have several drink-free days each week.

For more tips and advice on reducing or stopping your alcohol intake visit:
www.drinkaware.co.uk/make-a-change/how-to-cut-down



Good mental health is an important part of our overall health and wellbeing and is just as important as physical health.

Mental health refers to our emotional and psychological wellbeing. It is about how we think, feel and behave. One way to think about mental health is by looking at how well we function day-to-day.

Being able to handle normal levels of stress, leading an independent and full life and being able to 'bounce back' from difficult situations or life events, are all signs of good mental health.

Five ways to wellbeing

Connect — connect with the people around you: your family, friends, colleagues and neighbours.

Be active — You don't have to go to the gym. Take a walk, go cycling or play a game of football. Find the activity that you enjoy and make it a part of your life.

Keep learning — learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?

Give to others — even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering in your local community can improve your mental wellbeing and help you to build new social networks. Regularly helping others makes you feel happier.

Take notice — be more aware of the present moment, including your feelings and thoughts, your body and the world around you.



More tips

Adopt a healthy lifestyle. Try to eat and drink healthily. Alcohol may appear to reduce tension, but in the long run it can make problems worse. Try to reduce the amount of caffeine in your diet (tea, coffee and chocolate), as the effects of caffeine on the body can be similar to the effects of stress and anxiety.

Develop support networks — having people to talk to is very important in maintaining well-being. Some people find talking to others can be a useful way of managing how they feel. Support can include practical help, someone who cheers you up, someone to bounce ideas around with or a shoulder to cry on.

Get enough rest — sleeping problems are common when you're suffering from stress, anxiety or depression. Try to ensure you get enough sleep during the night to enable you to function well during the day. Sometimes taking time just to rest can help.

Remember, what's good for your heart is good for your head

Some of the strongest evidence about maintaining your brain links brain health to heart health. Even though you can't feel your brain working, it's one of the most active organs in your body. Your heart pumps about 20% of your blood to your brain, where billions of cells use the blood's oxygen and fuel.

If your heart isn't pumping well – or if your brain's blood vessels are damaged – your brain cells have trouble getting all the food and oxygen they need. Any condition that damages your heart or blood vessels can affect your brain's blood supply.

So, by adopting a healthy lifestyle being active and eating healthily you can not only improve your physical health but your mental wellbeing and the 'health' of your brain.

To find out more visit either www.wiltshire.gov.uk/mentalhealthwellbeing or NHS Choices — www.nhs.uk

ONE YOU

One You provides a range of information and tips on leading a healthier lifestyle. Sign-up today to receive your own personalised support pack and check out the free apps available:

www.nhs.uk/oneyou/apps

OUR APPS



Supported by **NIH Get Inspired**
ONE YOU COUCH TO 5K

Description
The Couch to 5K app has been designed to get you off the couch and running in just nine weeks. So grab your trainers, download the app and follow the step-by-step instructions.*



ONE YOU DRINKS TRACKER

Description
Drinking a bit too much can sneak up on you. Our free drinks tracker app makes it easy to keep an eye on the booze and take control with daily tips and feedback.



ONE YOU EASY MEALS

Description
Our free Easy Meals app is a great way to eat foods that are healthier for you. You'll find delicious, easy meal ideas to get you going if you're ever short of inspiration.



Lets get started – Food and activity chart

Use this diary to record this weeks sugar swaps and activity. For help try the sugar swaps app:

www.nhs.uk/Tools/Pages/Change4Life-SugarSwaps.aspx

	Food		Activity	
	I made a sugar swap from:	To:	I did an activity:	Minutes
Example day	<i>sugary cereal</i>	<i>sugar free muesli</i>	<i>walked</i>	<i>40mins</i>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Aim for –	Seven sugar swaps a week		5 x 30 minutes per week	
	Total =		Total =	



What lifestyle changes do you think would benefit you? _____

What will you do now? _____

What would be the most important personal benefits of making those lifestyle changes? _____

If you would like help to improve your lifestyle email **health.trainers@wiltshire.gov.uk**, call **0300 003 4566** or visit **www.activewiltshire.org.uk**

Information about Wiltshire Council services can be made available on request in other languages including BSL and formats such as large print and audio.

Please contact the council by calling **0300 456 0100** or emailing **customerservices@wiltshire.gov.uk**

