Tips on being healthy

Healthy Eating Week inspired us to make and share this resource.

It is helpful when people **share** their **favourite recipes, exercises**, and **other tips** they have for **staying healthy** as it can inspire someone else.

We **asked** one of our **Include Choir members** Hannah, **what she does** to stay **healthy**. She had **loads** of **useful tips**. We have based this resource on Hannah's ideas.

She **talked** about what **exercises** she does, what she **likes** to **eat and drink** and what kind of **recipes** she uses to **cook**.

If you have any **tips, tricks,** or **recipes**, let us know in our **comment sections** or **group pages** on **social media**. We'd **love** to **hear** them!

What activities can you do and how can you manage them?

Try something new

There are **so many activities that you can try!** For example, **swimming, Pilates, dancing, and walking.**

You can be fit at home too. **During lockdowns** lots of **online classes** like **Zumba** and **BOOSTfit** started, which can be **replayed** later.

Many organisations **still do online sessions** even if they are **open** again for **face-to-face** sessions.

You don't have to do a class. Lots of people aim for **10,000 steps a day** but if that is **too high** or **too low** for you then set **your own goals.**

Track your progress

Using a **Fitbit watch** can help to **track** your **steps** and the **total distance** you **walk** in a **day**. You can **set targets** and your **watch** will **tell you** when you **hit them.**

If you **use a wheelchair** then on **your Fitbit,** you can set it to **measure your total distance instead.** For example, **each day** you could **aim** to reach about **3km distance.**

To **keep track** of all your **activities**, you can use a **big calendar** to **write down** your **sessions** and **plans** each **day**. You can also use it to **meal plan** and write **shopping lists.**

You can get **weekly** or **monthly calendars** or **diaries,** whichever you find **easier** to use. There are also **diaries** and **desk calendars** which look at **each day** one at a time. These can be **easier** to use.

Find healthy food to make

There are **healthy recipes online**, in **magazines** and **books**. Take a look at **accessiblechef.com** for free visual recipes.

You can **subscribe** to **magazines** that come to **your house** every **week** or **month,** or find **free recipe cards** in some supermarkets.

You can **check packaging for information** on how healthy ingredients are. There is an **app** called **Good4life** where you can **scan** the barcode **food or drink** and it tells you **how much sugar** is in the item. This can help you to make **healthy choices**.

Healthy eating is all about a **balance**. Its important to eat **3 meals a day** and healthy **snacks** if you need them. Most people can **eat** some **sweets** or **chocolate** as long as you are eating **fruit and vegetables** as well.

Find healthy food to make

You can **change recipes** to make them **healthier**. This could be using **raisins** instead of **chocolate chips,** and using **oats** in **cookies**. There is even **avocado icing** for cakes! You'll find **more adaptations online** that you can try.

Fruit is a **great snack** to have if you are **hungry**. It is **refreshing** and **healthy** and you can eat it **with lots** of things. You **can** have **fruit** and **yogurt**, **fruit** and **honey**, **fruit** and **cheese**, or even **fruit** with **chocolate sauce**.

Remember healthy drinks too

What you **eat** is **very important** but so is **drinking.** Most people should aim to **drink** about **2 litres of water** or **6 cups** every day. **You can swap-in a squash, juice,** or any other **drink** you like in **moderation. Sugar free** is **best.**