



## Your guide to wellbeing: Top tips for a healthy body



The Champions have been talking about **wellbeing**. We said that **wellbeing means feeling happy, healthy and comfortable**.



We **talked about things** that **makes people** feel **happy and healthy**.



We said that **looking after our body** is **important for people** to be **happy and healthy**.



In **this Easy Read**, you can **learn all about** some of the **Include Champions' tips** to have a **healthy body!**

## The Include Champions' top tips for a healthy body



To **have** a **healthy body** it is **important** to **eat well**.



**Eating well means**, eating **fruit** and **vegetables** everyday.



**Eating well** also **means not eating lots** of **sugary snacks** like **cakes** or **biscuits**.



To have a **healthy body** is also **important** to **sleep well**.



**Not sleeping well** can cause **people's bodies** to get **sick**.

People should **call** their **doctor** when they **cannot sleep well** for **many days**.



To have a **healthy body** it is also **important** to **exercise**.

Here are some ideas to help you **exercise**:



Do **Yoga**! Yoga involves **stretching** and **breathing**. **Stretching** and **breathing** help people **to relax** and have a **healthy body**.



Some people love dancing! **Dancing** is a great form of **exercise** and **helps people feel happy**.



**Walk in nature!** **Walking in nature** makes your **body and mind healthy**.



You can **join Include.org** on their **walks in nature called 'Stroll and Sign'**. To join Include.org walks in nature just email [info@include.org](mailto:info@include.org).





We **think** that it **is important** that **everyone knows** about **the things** that help improve people's wellbeing.

**What do you think? What do you like to do to keep your body healthy?**



We'd love to hear **your ideas** about this **Easy Read** - or any **ideas** for **topics** we **should cover**.



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