

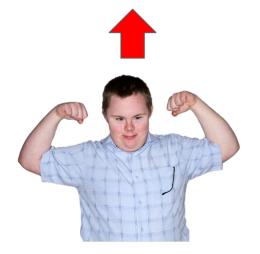
Your guide to wellbeing: Top tips for a healthy body



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.





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.



Just email <u>info@include.org</u> or connect on social media to get in touch!



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