



**Cheshire and Wirral
Partnership**
NHS Foundation Trust



**This leaflet tells you some of the
things you can do to be healthy**



Eat 5 fruit and vegetables each day



Try not to eat just before you go to bed

Eat a healthy breakfast



Drink 6 glasses of water every day



Write down healthy foods on your shopping list



Try to do more exercise

Doing exercise keeps you fit and healthy

Doing exercise keeps your muscles strong and healthy

Try to walk to your work or day centre



Try something new like swimming, dancing or going to the gym

Try to walk 10,000 steps every day

You can buy a machine that counts your steps

This is called a pedometer



What would you like to do to be healthy?

Write them down here



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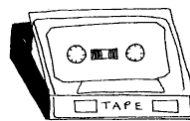
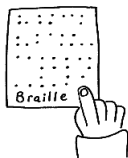
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This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.

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