SUFFOLK HOW ARE YOU?

Eating healthily and keeping track of your calorie intake can be tricky sometimes.

Research has shown on average we're eating an extra 200 to 300 calories every day!

Aim for around 400 calories for breakfast, 600 calories for lunch and 600 for dinner – leaving room for a couple of healthier snacks and drinks.

GETTING STARTED

Knowing your Body Mass Index (BMI) will tell you if you're a healthy weight. Search **NHS BMI calculator**

To look up the calories of more than 150,000 different foods and drinks quickly and simply on the go. Search **NHS Calorie Checker**

Keeping a food diary can also help you stay on track.

FREE SUPPORT AND ADVICE

One Life Suffolk

Search apps

EASY MEALS

DRINK FREE DAYS

Search **OneLife Suffolk** for **FREE weight management support** for adults with no medical issues with a BMI over 30 and ethnic minority groups with BMI over 27.5.

If you have a BMI over 25 you can also search **NHS weight loss plan**

For easy ways to eat better every day search **One You Eat Better**

SHELVE SUGAR

Did you know? The maximum daily amount of added sugar for adults is 7 sugar cubes (30 grams).

Cut down by watching out for sugar when you shop.

Search **Change4Life Food Scanner app**

FOOD AND MOOD

Evidence suggests that as well as affecting our physical health, what we eat may also affect the way we feel.

When you don't eat enough nutrient-rich foods, your body may lack vital vitamins and minerals, often affecting your energy, mood and brain function.

Search **NHS 5 a day**

Search **Mind Food and Mood**

YOUR MIND

We all feel stressed sometimes. Stress is our body's reaction to feeling threatened or under pressure. Relaxing helps you feel good and function well. Search **One You Stress**

We need sleep to give our brains and bodies rest. A good night's sleep allows your mind to relax improving your mental, emotional and physical health. Search **One You Sleep**

GETTING ACTIVE

COUCH TO 5K

30 minutes of light to medium exercise 5 days a week can have a positive effect on your life. As well as maintaining a healthy weight it can improve mood and reduce stress.

Search **Active Suffolk**

ACTIVE 10

10 minutes of continuous brisk walking a day is a good place to start. Search **Active 10 app** Search **Couch to 5k app**

HEALTH CHECKS

One Life Suffolk

NHS Health Checks are a free check-up of your overall health for those aged 40 – 74 years.

Ask your GP, Pharmacy or OneLife Suffolk.

SMOKE FREE

Also be Smoke Free! Search **Smokefree app**

Search **Suffolk How Are You?** and take the free health quiz to receive tips, advice and guidance for a healthier you.

For more information about maintaining a healthy body and mind, visit **www.suffolkhowareyou.co.uk**

BECAUSE THERE'S ONLY ONE YOU