

Physical Health & Healthier Eating

ADVICE & GUIDANCE

Eating healthily – and not too much - plus being physically active everyday are crucial for good health.

How important is a balanced diet and everyday movement?

- 🍷 A strong immune system to prevent and fight infections.
- 🍷 More energy and better sleep.
- 🍷 Lower blood pressure and risk of illnesses.
- 🍷 Support tissue growth, strong bones, muscles and heart health.

We become what we eat, so it's important to limit the ultra-processed foods in your diet. Additionally, avoid prolonged sitting; remember to stretch your legs frequently and strive to elevate your heart rate each day. Focus on small, positive daily changes for lasting improvements.

Scan/Click the QR code to access a range of regularly updated resources for tips, advice and support from third-party organisations.

SCAN THE
QR CODE
FOR MORE
INFO



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