

# TOP TIPS FOR A HEALTHY BODY AND MIND

It is a growing understanding that keeping our body healthy through eating a balanced diet and exercising is key to maintaining a healthy mind and positive outlook. Though this link may be fairly evident, not everybody sticks to this due to different reasons such as lack of time.

According to [mentalhealth.org\\*](https://www.mentalhealth.org.uk), “The body of evidence linking diet and mental health is growing at a rapid pace. As well as its impact on short and long term mental health, the evidence indicates that food plays an important contributing role in the development, management and prevention of specific mental health problems such as depression, schizophrenia, attention deficit hyperactivity disorder, and Alzheimer’s disease.” Therefore, if healthy eating is maintained, the chances of experiencing positive wellbeing increases.

## 1 Healthy Eating



Try to ensure you eat the **correct amount of calories** each day which is dependent on how active you are. If you eat too few calories, you can experience weight loss, fatigue, dizziness and irritability. Alternatively, consuming too many calories can lead to weight gain and illnesses. This has the potential to damage a person’s mental wellbeing as they can often become anxious about their physical appearance.



**Eat a wide range of foods** so your body gets a variety of the nutrients needed in order to function at an optimum level. This includes **carbohydrates** (starchy food such as pasta, rice, potatoes, cereal etc), **protein** (meat, fish, eggs etc.), **milk/dairy products** (milk, cheese etc.), **fruit and vegetables** and **fats and sugars** (sweets, sugary drinks etc.)



**Eat your 5 a day.** You should aim to eat at least 5 portions of fruit and/or vegetables per day as these are a significant source of vitamins needed for the human body. It is suggested that “there’s evidence that people who eat at least five portions a day have a lower risk of heart disease, stroke and some cancers.”\*\*



\* <https://www.mentalhealth.org.uk/a-to-z/d/diet-and-mental-health>

\*\* <http://www.nhs.uk/Livewell/Goodfood/Pages/Healthyeating.aspx#5aday>



**Opt for the low-fat options** if possible. Dairy options such as milk, cheese and yoghurts are a great source of calcium and protein. To ensure you get the calcium that is needed but not the fat, opt for 'skimmed' or 'semi-skimmed' dairy options.



**Eat plenty of meat and fish.** Meat and fish are key sources of protein and minerals such as; iron, zinc and Vitamin B. You should aim for two portions of fish a week; however, try to avoid canned fish as it can be high in salt.



**Avoid saturated fats** as this can increase your cholesterol and therefore your risk of heart disease. Sugary foods and drinks can also cause obesity and tooth decay.

## 2

## Exercising



It is important to wear the **right clothes and shoes.** Wear clothes that will not restrict your movements and blood flow, they should not be too tight around your joints. You will also need to wear shoes that allow you to exercise comfortably and are reliable. The shoes should ideally be designed for the sports activity you are wanting to participate in.



**Drink plenty of water.** Before you begin exercising, ensure you drink plenty of water to keep you hydrated. Your body needs the water to help your muscles and to produce sweat.



**Warm-up.** Do a less intense version of the activity you are going to be doing to warm up your muscles. This should be done for around 5-10 minutes. For example, if you are sprinting, jog for a couple of minutes beforehand.



**Understand the workouts** you want to do and what area of the body they help with to avoid confusion. Do your research and find the most effective techniques and how long they take to show results. Exercise in moderation, do not overdo it to an extent you result in being physically injured.



Remember, exercising isn't purely going to a gym. If you aren't one for going to the gym and doing the exercises put in place, there is a **whole variety of activities** you can do such as, swimming, running, biking, tennis, football and more.

If you follow these tips, you should find that whilst your body and health are improving, your mindset is too. Keep positive, look after your body and you will proactively better your wellbeing.