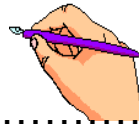


# What would you like to do to be healthy?

Write them down here



.....

.....

.....

.....

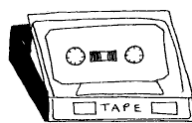
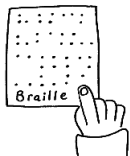
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This leaflet was developed in partnership with  
Wirral Primary Care Trust  
Western Cheshire Primary Care Trust  
Central and Eastern Cheshire Primary Care Trust  
In 2010 and has since been reviewed

This leaflet is available in other languages or formats



For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).  
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Leaflet code: E-HCE-06-086

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**

