

# Healthy Lifestyle

Information Sheet on Healthy Lifestyle December 2010



## Healthy Lifestyle

Being a parent is often rewarding but can also be exhausting and hectic. It is often difficult to find time to eat well, remain active and look after your emotional wellbeing.

There is a lot of help available with information and advice, courses and activities to help encourage a healthy lifestyle.



## Eight tips for eating well

1. Base your meals on starchy food such as bread, pasta, rice and potatoes. They should make up about one third of what you eat.
2. Eat lots of fruit and veg – aim for at least five portions a day. You can choose from fresh, frozen, tinned, dried or juiced.
3. Eat more fish – aim for at least two portions a week including one portion of oily fish.
4. Cut down on saturated fat and sugar- biscuits, cakes, pies, fizzy drinks etc.
5. Try to eat less salt – less than 6g per day for adults, children need less.
6. Get active and try to be a healthy weight.
7. Drink plenty of water. Adults need to aim for six to eight glasses a day.
8. Don't skip breakfast – Breakfast can give you the energy you need to face the day.

Taken from the Foods Standard Agency [www.eatwell.gov.uk](http://www.eatwell.gov.uk)

## Staying Active

Children and young people should achieve at least 60 minutes of moderate intensity physical activity every day. Adults should achieve a total of 30 minutes at least five times a week (in one session or through several shorter bouts of activity of ten minutes or more).

Why not try walking or cycling to work, nursery, shops etc, taking the stairs rather than the lift, dancing around at home and swimming and playing outside with your children. Choose activities that you all enjoy and you will be more likely to continue doing them.

Physical activity can lead to reduced stress, better sleep, more energy, improved body shape and better health.

Find out more about ways to stay active at [www.justafewminutesmore.com](http://www.justafewminutesmore.com).



## Activities in York

There are lots of activities in York to help keep you and your family healthy including two council run swimming pools and a sports centre. To find out more ring 01904 552424.

York is regarded as one of the country's premier cycling cities. It has an extensive network of off-road cycle paths and on-road cycle lanes for cyclists of all ages and abilities to enjoy. For more details see [www.york.gov.uk/cycling](http://www.york.gov.uk/cycling).

There are also activities such as baby swimming, yoga and massage classes, exercise classes where parents can bring their babies along and some gyms have crèches.

For more information about activities in York please contact the Family Information Service on 01904 554444.

## What children's centres offer

All children's centre activities support families to achieve healthy lifestyles. Drop in groups provide healthy snacks and offer room for children to learn, explore and be active. Health visitors also sometimes come along to these groups.

Children's centres also run groups and courses on cooking and eating healthy foods, stopping smoking during pregnancy, time and space in pregnancy, breastfeeding support, baby massage and music and movement groups. Family Learning also offer free courses with free childcare which include topics such as fitness, food and health.

You are welcome to come in to a centre and talk to a member of the team about any areas of healthy lifestyle such as coping with a new baby, weaning, exercise and healthy eating. There are also often information leaflets and displays on healthy lifestyles. The Toy Bus has toys and games available to borrow which can support families to be more active.

You can also make contact with the Altogether Better Project which is based at The Avenues Children's Centre. This project supports parents to eat more healthily, be more physically active and to take time out to focus on their own emotional wellbeing. The Altogether Better project works with parents living in Clifton, Westfield, Guildhall and the Tang Hall areas of the city. If you would like more information about the project please contact Sarah Hardy, who can also signpost you to other healthy living services in your area. Sarah can be contacted on 01904 551743 or [sarah.hardy@nyypct.nhs.uk](mailto:sarah.hardy@nyypct.nhs.uk)

## Useful websites

[www.nhs.uk/change4life](http://www.nhs.uk/change4life) NHS website with information and ideas on maintaining a healthy lifestyle

[www.eatwell.gov.uk](http://www.eatwell.gov.uk) Food Standards Agency website on healthy eating

[www.justafewminutesmore.com](http://www.justafewminutesmore.com) Local website on maintaining an active lifestyle with lots of tips and ideas for things to do in York

[www.york.gov.uk/leisure](http://www.york.gov.uk/leisure) City of York Council leisure information

For more information about children's centres please contact the Family Information Service on 01904 554444 or visit [www.yorkchildrenscentres.org.uk](http://www.yorkchildrenscentres.org.uk). Up to date leaflets on this and other topics can also be downloaded from the website.