Staying healthy

1 Eat well
   - Lots of fruit and vegetables
   - Not too many sweet and fatty foods

2 Get exercise
   - Enjoy what you do
   - Try walking first

3 Stop smoking
   - This is very bad for your health
   - Talk to your doctor to get help

4 Talk about how you feel
   - Whether you are sad or angry
   - Don’t bottle things up

Find out more