

# HOW TO MAINTAIN A HEALTHY LIFESTYLE

**With Your Love Rara**



# Introduction

A healthy lifestyle as a teen is very important. Whether it's what you eat, drink or how much you sleep! It applies not just to your bodies, but also to your minds. This is particularly important for teens, whose brains and bodies are still developing.

The good news is that your whole lifestyle is within our control. A healthy diet can prevent a wide range of emotional, physical, and mental imbalances.

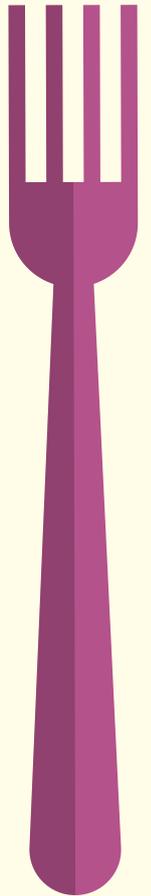
A large number of scientific studies have found direct links between diet and mental health.

# Maintaining a Balanced Diet

Growing up, your body goes through many **normal** physical changes that need to be supported by a healthy and balanced diet.

**Eating healthily doesn't mean giving up your favourite foods**

It just means that we have to eat a variety of foods, and try to cut down on food and drinks that are high in fat and sugars.



## Don't skip breakfast

Breakfast is your most important meal of the day. If you miss it, you will not gain your most important vitamins! Having breakfast will help you get some of the vitamins and minerals you need for good health and open mindset ready for the day. Take a look at some healthy breakfast ideas:

**<https://www.nhs.uk/live-well/eat-well/healthy-breakfasts-recipes/>**

## Get your 5-a-day

Fruit and vegetables are a good source of vitamins for your body as a teenager. You should aim to eat at least 5 portions of a mixture of fruit and veg everyday

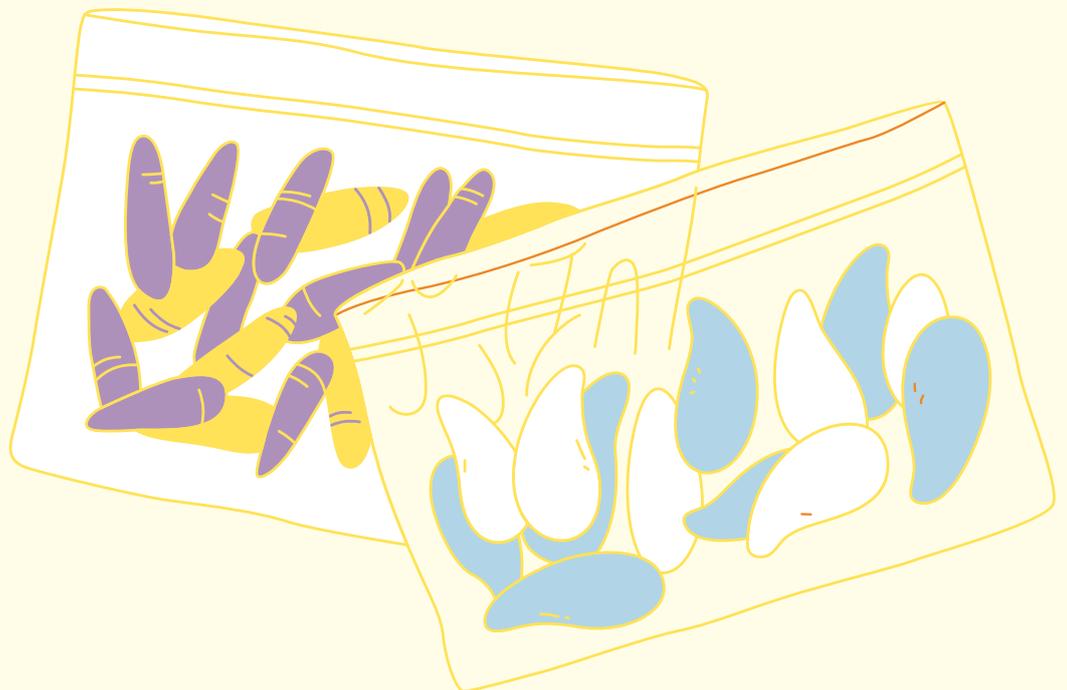


# Healthy Snacks

Feeling hungry in between daily mails? That is completely normal and perfectly ok. However, you should try to eat a healthier snack instead of something sugary or high in salt.

Here are some examples:

- apple and peanut butter
- low-fat yoghurt
- oat bars
- nuts (almonds, chashews etc...)



# **But why will this have an impact on our mental health?**

## **The science behind our mood and food**

Between your brain and the gastrointestinal tract, there is a close relationship between your diet and your emotional stems. The GI is home to billions of bacteria. When you eat healthy foods, there is more growth of "good" bacteria allowing our brain to receive messages loud and clear. However, a diet of junk food promotes "bad" bacteria having a negative impact on your mood.

# HOW MUCH EXERCISE SHOULD I BE DOING?

For under 18's, the NHS recommends an hour of moderate intensity physical activity every day!

## What is moderate exercise?

Moderate exercise is low-level exercise like walking, cycling, skipping, riding a scooter, or walking to school.

Moderate exercise raises your heart rate and makes you sweat. One way to tell if you're working at a moderate level is if you can still talk normally but can't sing the words to any song

Physical activity has been proven to be a great way to release stress.

# Top tips for enjoying exercise

- Choose an activity that you enjoy. Otherwise you will not feel motivated.
- Work out in a group or alone, whatever you prefer.
- Take one step at a time- small challenges lead to better fitness.
- Do not forget to warm up!
- **HAVE FUN** and stay positive.



# Stay Hydrated

Doctors say you should aim to drink 6 to 8 glasses of fluids a day.

Water and lower-fat milk are both healthy choices.



Our memory, energy and ability to concentrate can suffer when we're dehydrated (not drunk enough fluids).

Research shows that drinking enough water can reduce the risk of having a negative mental health.

# Have a goods night sleep!

As a teenage you tend to spend many nights staying up far too late, and your brain will be unclear the next morning. You will end up having a hard time focusing at school, and at times, might even become moody!

Teenagers aged 13–18 years should sleep 8–10 hours per 24 hours.

