BENEFITS OF HEALTHY LIVING
JB PAL - POWER ABILITY LEARN

MADE WITH INFORMATION FROM THE NHS, GOV.UK, NHS INFORM AND BRITISH NUTRITION FOUNDATION

63% OF ADULTS IN THE UK ARE ABOVE A HEALTHY WEIGHT

1 IN 4 ADULTS ARE LIVING WITH OBESITY IN THE UK

BEING OVERWEIGHT OR OBESE CAN...

Increase your chances of:
o Type 2 diabetes
o Hypertension
o Some cancers
o Heart disease
o Stroke
o Liver disease

Increase risk of severe illness and death from COVID-19.

Increase risk of sleep problems.

Impact mental health.

A HEALTHY LIFESTYLE CAN MAKE YOU HAPPIER

Living a healthy lifestyle can benefit your physical and mental wellbeing. There is a link between physical health and mental wellbeing.

Mental wellbeing is feeling good about yourself and the world around you.

A HEALTHY LIFESTYLE CAN MAKE YOU HEALTHIER

A well-balanced diet gives you energy, nutrients for growth and repair. A good exercise routine helps you stay strong and healthy.

Eating well and exercising reduces risk of some cancers and diabetes. Lowering fat intake reduces risk of heart disease.

? HOW TO DO IT? ?

Be **physically active** to help your brain and body, any movement and activity helps!

Take care of your **teeth**

Reduce your **alcohol** intake

Stop smoking

Maintain a **healthy weight**

Get **enough sleep**

Keep your **brain stimulated**

DECREASE YOUR RISK OF DIABETES, HEART DISEASE, CANCER, STROKE AND MORE

CHOOSE WHAT MAKES YOU HAPPY, CHANGE WHAT DOESN'T

DO YOU LIVE AN UNHEALTHY LIFESTYLE?

Low confidence?

Feeling tired?

Find it hard to be active?

Breathless?

Snoring?

Feeling isolated?

Joint pain?

Back pain?

Low self-esteem?