

5 steps to a happier, healthier you



Changing your lifestyle to improve your health and wellbeing is easier than you think. Start with these small steps towards feeling good and living longer:



Move

more to feel good and less tired:

- Aim for 150 minutes of physical activity spread across the week - a brisk walk, jog, dancing, gardening or anything else that feels good. Try splitting it up into just 30 mins a day.
- Get up and move every 30 minutes or so - don't sit for a long time without moving.
- Do simple strengthening exercises with weights, yoga or even carrying your shopping home.

Moving lowers risk of serious health problems like dementia, heart disease, certain cancers and early death by

30%



Eat well to feel good:

- Eat a more plant-based diet with things like vegetables, beans, pulses, herbs and spices to satisfy your appetite and help your mood.
- Eat a rainbow of different coloured vegetables to help you get the different nutrients you need.
- Reduce sugar and refined starchy food like white rice, pasta and bread to lose weight and reduce blood sugar.
- Avoid ultra processed foods like ready meals, crisps, processed meats and biscuits which are linked to obesity, diabetes, heart disease, cancer and depression.
- Intermittent fasting can help reduce risk of obesity, memory problems and some types of cancer.



Sleep 7 to 9 hours a night:

- Prioritise getting a good night's rest to reduce risk of stroke, heart disease and depression by at least 30%.
- It will help your concentration, regulate your appetite and maintain your physical and mental health.



Regular
bedtime



Relax
before bed



Darkness
at night



Reduce caffeine



Cool bedroom
- ideally 17°C



Sunshine during
the day





Relax and take time for yourself:

- Write about what makes you thankful or happy in a daily journal to improve your wellbeing and sense of satisfaction with life.
- Reduce screen time a little each day or week by going without your phone, tv or laptop.
- Try 15 minutes of stillness with meditation, prayer or breathing exercises.
- Enjoy spending time with family and friends.

Relaxing lowers risk of high blood pressure, anxiety and depression by

30%



Connect

with people, nature or purpose:

- Social isolation is as big a risk to your health as smoking or obesity. Connecting with other people improves your chances of living without dementia, heart disease and depression. So make time to be with others and join in with activities in your community.
- Find an activity you like to spend time on
- Get outdoors and explore somewhere new
- Find time to give to something you feel is important to you.

Connecting decreases risk of dementia by

50%



Connecting decreases risk of heart disease by

30%



Making a change to your lifestyle might feel like a big step, but it can be achieved with a few small changes. Start with a goal that feels important to you. Write down some steps you can take this week to get started:

My goal is...

and I will...

You've got this!

If you need help to access healthy foods or connect with your community, ask your GP about social prescribing. For more inspiration and ideas, visit: <https://rebrand.ly/mhlff>



Move: <https://www.myhealthlondon.nhs.uk/be-healthier/healthy-lifestyle/move/>

Eat: <https://www.myhealthlondon.nhs.uk/be-healthier/healthy-lifestyle/eat/>

Sleep: <https://www.myhealthlondon.nhs.uk/be-healthier/healthy-lifestyle/sleep/>

Relax: <https://www.myhealthlondon.nhs.uk/be-healthier/healthy-lifestyle/relax/>

Connect: <https://www.myhealthlondon.nhs.uk/be-healthier/healthy-lifestyle/connect/>

Avoid harmful substances: <https://www.myhealthlondon.nhs.uk/be-healthier/healthy-lifestyle/avoid-harmful-substances/>