

# Health and Wellbeing

Ideas and tips on to how to live well and look after your health and wellbeing during and after the COVID-19 pandemic



# Welcome!

Since the beginning of the COVID-19 pandemic, we have all been asked to behave, work, socialise and live in new and often difficult ways. The pandemic has had life-changing impacts for many, and in 2021 we are still facing new challenges.

This time has, however, made many people think more seriously about their health and how they can take steps to look after their own overall wellbeing. Health doesn't have to be complicated: there are things we can all do to help safeguard our own health, whether that be sleeping well, eating a balanced diet or getting outside and spending time in nature.

Not every aspect of our health is always within our control. However, the purpose of this booklet is to give an introduction to a few of the easiest ways that we can all improve the quality of our lives, through making decisions that prioritise both our mental and physical wellbeing.

This handbook has been put together by Solutions 4 Health in partnership with West Berkshire Council. To view this booklet online visit [info.westberks.gov.uk/publichealth](https://info.westberks.gov.uk/publichealth)  
Or email [publichealthandwellbeing@westberks.gov.uk](mailto:publichealthandwellbeing@westberks.gov.uk)

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# Balanced Eating

The Eatwell Guide shows that different amounts of each food group we should have to form a healthy balanced diet. We don't need to have all of the food groups at every single meal but should aim to achieve this balance over a whole day.

## Fruit and Vegetables

high in vitamins, minerals and fibre, we should aim to get at least 5 portions per day. Fresh, dried, frozen and tinned all count. However, we should limit fruit juice to just 1 150ml portion per day as it is high in sugar. Information on portion sizes available on page 9.



## Carbohydrates

are our main source of energy and keep us full. Sources include potatoes, bread, rice, potatoes, pasta and other starchy foods. We should try to choose brown / wholegrain versions which are higher in fibre.

## Protein

an essential building block which allows our bodies to grow, develop and repair. We should aim to eat 2 – 3 portions of protein a day from a variety of foods including; beans, pulses, fish, eggs and meats. We should also try to eat 2 portions of fish per week, one of which is oily.

## Dairy

contains protein and minerals such a calcium, vitamin D and B12, important for the health of our bones and teeth. We should aim to have 2 – 3 portions of dairy food each day. Sources include milk, yoghurt and cheese. Choose lower fat and lower sugar options.

## Oils and Spreads

Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils. Remember all types of fat are high in energy and should be eaten sparingly.

For more information see:

[www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx)



# Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy (kcal)	Fat	Saturated	Sugar	Salt
200	3.0g	1.3g	24g	0.9g
13%	Low	Low	High	Med
13%	4%	2%	24%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

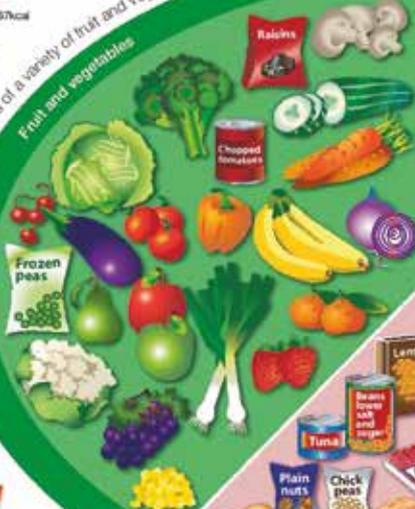


Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options

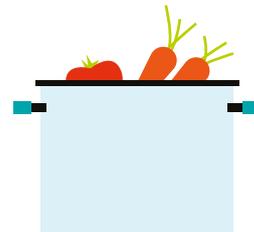


Oil & spreads

Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

# Healthy lifestyle on a budget



Many people think it's expensive to eat a healthy balanced diet. **It doesn't have to be!** Although many people's financial situations may have been impacted by COVID-19, having a balanced and nutrient dense diet is still achievable by following these top tips

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## Cook from scratch

Making meals from scratch is cheaper and healthier than buying ready-made meals, which often have a lot of unnecessary sugar, salt and preservatives added.

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## Buy own-brand goods

The quality is generally the same as popular brands. The only real difference is the price.

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## Buy frozen fruits and vegetables

It's often cheaper to buy frozen fruits and vegetables. They contain the same nutrients as fresh ones, need no preparation and, if you can store them, they are often the cheapest way of adding vegetables to dishes.

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## Cut down the amount of meat bought

Use less meat in dishes by adding more vegetables and beans such as chickpeas, lentils or red kidney beans to add extra protein.

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## Buy and cook in bulk

Buying greater quantities of food is often cheaper. Buy larger amounts of staple foods such as pasta, rice and flour and store well. Cook bulk meals such as stews, soups and bolognaise, then freeze in portion sizes for a quick and healthy meal for when you are busy.

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## Plan your meals and stick to the list!

Shopping costs can get out of control quickly if you don't have a plan or shopping list. If you plan your meals across the week, you won't buy food that gets wasted.



## Beware of offers

Beware of offers such as 'buy one get one free'. They can seem good value but can often tempt you to buy or eat more than you need.

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## Compare prices and know how much you can spend

There are lots of websites where you can compare the cost of food at different supermarkets – for example, [www.mysupermarket.co.uk](http://www.mysupermarket.co.uk)

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**Avoid pre-cut, pre-peeled and packaged vegetables and fruits.** They are more expensive and will go off much quicker, not to mention they typically use a lot more single-use plastic! Choose your fruit and vegetables carefully. Don't buy fruit and vegetables that are overly ripe unless you are sure that you will use them quickly.

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## Buy in Season

Buying fruit and vegetables that are in season is much cheaper as they are readily available and have less distance to travel. Exotic fruits that are out of season, for example, and more expensive and not great for the environment because they have to travel from around the world.



For more info see:  
<https://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/>

# Portion Size

Eating the right amount of food goes hand in hand with having a balanced diet, check out the helpful guide below!

**Me Size Portions** – we should aim to adjust portion sizes to each individual family member to ensure they have the correct amount; depending on the person’s age, size and activity level. Using their hand acts as a great guide!



## Curl for Carbs....

This means we should have a handful of carbohydrate foods. Such as pasta, rice, cereal, bread and noodles.



## Palm for Protein....

This means the size of protein foods should be the same as the palm of our hand. Such as chicken, fish, beef, tofu and beans.



## Fist for Fruit....

A portion of fruit is the same size as our fist. Such as an apple, a small bunch of grapes or 2 satsumas.



## Both for Broccoli....

A portion of vegetables is the same as our hands held together. Such as salad, carrots and broccoli.

**Think of this all together as a meal.** A handful of wholemeal pasta, with a palm sized piece of chicken and both hands of broccoli with some chopped tomatoes and a handful of grapes for dessert. This would be a filling and nutritious meal.



## *5 a day*

Fruits and vegetables are high in vitamins, minerals and fibre, we should aim to get at least 5 portions per day, making up 1/3 of our diet. Enjoy as a snack and with meals!

### Top Tips

- Try steaming rather than boiling vegetables to preserve nutrients
- Add extra vegetables to meals such as bolognaise and stews
- Choose fruit canned in juice rather than syrup
- Limit dried fruit to 1 small handful per day
- Fruit juice is higher in sugar and lower in fibre than whole fruit, for children dilute 50:50 with water
- Make smoothies from frozen fruit and add vegetables such as spinach to cut down on sugar
- Save money by choosing fruit and vegetables that are in season

### Remember fruit contains sugar!

Although it is natural sugar it still damages our teeth and if we do not use up the energy it will be stored as fat in our bodies. Aim for at least 5 a day = 3 portions vegetables + 2 portions fruit choosing a variety of different colours.

*What counts as one of your 5 a day for an adult?*



**1** small  
banana



**2**  
satsumas



**1** medium  
apple

**7**



strawberries



**3**

tablespoons  
carrots

**1**

medium  
tomato



**150ml**

fruit  
juice



**3**

tablespoons  
beans/  
pulses

**1**

small  
handful  
dried fruit



# Fat

There is often lots of **confusion over which oil** is the healthiest, which should we cook with and how much we should have.



When thinking about fats, it is **first important to understand that there are different types.**

**Monounsaturated** - Have these in small amounts as they can help to **maintain healthy cholesterol** levels. Found in avocados, olives, olive oil, rapeseed oil, as well as in many nuts.



**Polyunsaturated** - Have these in small amounts; Polyunsaturated fats help to **maintain healthy cholesterol levels and provide essential fatty acids.** Found in oily fish, corn oil, sesame oil, soya oil, and some seeds.



**Saturated** - Eating too much saturated **fat increases the amount of cholesterol in your blood.** Found in processed and fatty meats like sausages, ham, burgers, hard cheeses, whole milk and cream. Butter, lard, ghee, suet, palm oil and coconut oil.



**Trans** - **Avoid wherever possible.** They can increase cholesterol in your blood. Foods with hydrogenated oils or fats in them likely contain trans fats.

All fats **contain the same amount of calories... Fat contains 9 kcal per gram.**  
**Therefore, 10g (2tsp) of fat = 90kcal**

**Fat contains higher levels of energy compared to any other nutrient.** Hence why if we consume lots of foods and drinks high in fat and do not use up this energy, we **gain weight.**

A large, fresh salmon fillet is the central focus, resting on a piece of parchment paper atop a dark wooden cutting board. The salmon has a vibrant orange-pink hue and visible white marbling. It is garnished with several sprigs of fresh green thyme. In the background, more thyme and a small dark seed are visible. The foreground shows some scattered thyme leaves, a small red chili pepper, and a green herb on the wooden surface.

*Healthy fats*

## Top tips on reducing fat intake

- ✓ **Choose lean cuts** of meat and make sure you **trim any excess fat** and remove the skin from chicken and turkey.
- ✓ **Limit** cakes, biscuits, fried and processed foods.
- ✓ Instead of pouring oils straight from the bottle, use a spray oil or **measure out your oils with a teaspoon.**
- ✓ **1 teaspoon of oil** is enough to cook with.
- ✓ **Read food labels** to help you make choices that are lower in fat and opt to **grill, bake, steam, boil** or **poach** your foods.
- ✓ Use **semi-skimmed milk** rather than whole or condensed milk.
- ✓ Remember that many cheeses are high in saturated fat so keep your portions small - **matchbox sized.** Opt for strongly flavoured varieties and grate it to make a little go a long way.



**For more info see:** <https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating/fats-explained>

# Sugar



It is well understood that as a nation we are eating too much sugar. But how much should we be having and how can we reduce our intake?

First of all, it's important to understand that there are different types of sugar.

**Free sugar** = the sugar **added to foods** by the manufacturer, cook or consumer, **plus sugars naturally present** in honey, syrups and unsweetened fruit juices and smoothies.

**Naturally Occurring Sugar** = **sugars found naturally within milk** and the sugars **contained within the cellular structure** of foods (particularly fruits and vegetables which have not been blended).

We should aim to **reduce the overall amount of sugar in our diets**, as having too much can cause tooth decay, weight gain and conditions such as type 2 diabetes long term.



information around children and sugar: [www.nhs.uk/change4life/food-facts/sugar](http://www.nhs.uk/change4life/food-facts/sugar)



**87% of  
people have  
too much  
sugar!**

**The highest  
intake of sugar  
is seen in children  
who have triple  
the recommended  
amount  
each day!**

**Adults have  
double the  
recommended  
amount of free  
sugar**

## Top tips on reducing sugar

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A good place to start is looking at drinks. **Drinks are the highest contributor of sugar** to children's and many adult's diets. Therefore, swapping fizzy drinks such as cola and flavoured milkshakes to water, no sugar soft drinks such as squash or milk is an **easy change to make**.

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**Swap juice for whole fruit and vegetables**, this way you will get all the fibre at the same time. Additionally, sugar within fruit and veggies is contained within the cells. This is less easily absorbable and will not count towards free sugar, as juices and smoothies do.

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**Limit sweet treats** such as chocolate, cakes, sweets and pastries. These should be an **occasional treat** not part of our everyday diet.

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**Check the ingredients;** food labels do not highlight free sugars, however look out for words such as cane/ brown sugar, honey, high fructose corn syrup, fructose, sucrose and glucose! Use **traffic light labelling;** compare foods such as cereal and yoghurts to find a lower sugar option.



# Sugary Drinks



Check out how much sugar is in these popular drinks.

Sweeteners contain no calories and have not been linked to cancer, however they may make us have more of a sweet tooth, so should not be consumed too regularly.



Size	1.75l	750ml	500ml	500ml	500ml	471ml	500ml	750ml	250ml	Any
Cubes	46.5	22.5	17.5	13.2	13.2	12.75	12.5	9	7.5	0



A man in a grey sweater and jeans is standing in a grocery store aisle, looking at a white container he is holding. The aisle is filled with shelves of various food products, including packaged goods and fresh produce. The lighting is bright, and the overall atmosphere is that of a typical supermarket.

# *food labels*

# Label Reading

Often food packaging and advertising can be misleading; making us think a food or drink is better for us than it really is. By looking at a food label you choose between products and keep a check on the amount of foods you're eating that are high in fat, salt and added sugars.

## How to use the label reading card:

1. Locate the nutritional information on **the back of the packet**
2. Look at the per **100g column**
3. This step is **important** as the card will not work if you use the per portion column
4. Using sugar as an example
5. Find "Carbohydrates – of which sugars"
6. Ensure you are looking at the amount per 100g
7. Check sugar amounts of traffic light card



**Red** means the food is high in something we should be trying to cut down on. Try to eat these foods as a treat & in smaller amounts.



**Amber** means the food is an OK choice most of the time and in the middle for that nutrient. Try to choose green where possible.



**Green** means the food is low in salt, saturated fat, fat or sugars. The more green lights, the healthier the choice!

Measures per 100g	Low healthier	Medium have sometimes	High cut down on
Fat	3g or less	3.1g to 17.5g	More than 17.5g
Saturates	1.5g or less	1.6g to 5.0g	More than 5.0g
Sugar	5.0g or less	5.1g to 22.5g	More than 22.5g
Salt	0.3g or less	0.4g to 1.5g	More than 1.5g

Cut out this handy label reading card and take it on your next trip to the supermarket!

# *Snacking*

A close-up photograph of a white bowl filled with hummus, topped with a dusting of red spices. A fresh cucumber stick is placed diagonally across the hummus. In the background, another white bowl contains sliced red and green bell peppers. To the left, several whole carrots are visible. The overall scene is brightly lit, suggesting a healthy snack preparation.

# Snacking

The first thing many people do when they want to eat more healthily is stop snacking. However, snacks form an important part of a healthy and balanced diet, choosing the right ones is key! **Healthy Snacks:**

✔ **Keep us full between meals** ✔ **Give us energy** ✔ **Control our hunger** ✔ **Source of nutrients**

## We should limit snacks that:

- Do not keep you full up so you will be hungry more quickly and are more likely to overeat
- Contain 'empty calories' as they provide no/ low levels of nutrients
- Contain high levels fat, salt and sugar

## We should choose snacks which:

- Keep us full as they contain more fibre
- Are high in nutrients such as vitamins, minerals and fibre
- Are less processed
- Do not contain as much added sugar, fat, salt, preservatives



## Limit

### Snacks such as:

- ✗ Crisps and mini cheddars
- ✗ Salted, roasted and flavoured nuts
- ✗ Chocolate bars
- ✗ Biscuits and snack bags
- ✗ Cereal bars and processed fruit snacks
- ✗ Sausage rolls, scotch eggs and cocktail sausages + processed meat snacks
- ✗ Cheese strings
- ✗ Ice cream and sugary yoghurts

## Enjoy

### Two nutritious snacks per day such as:

- ✓ A small handful of plain nuts such as almonds, peanuts and cashews
- ✓ Rice cakes spread thinly with peanut butter or oatcakes
- ✓ Whole pieces of fruit or a small handful of dried fruit such as apricots, prunes and raisins
- ✓ Homemade plain popcorn spiced with cinnamon or paprika
- ✓ Cut up cucumber, pepper and carrots served with low fat hummus or yoghurt
- ✓ Sugar free jelly served with fruit or natural low fat yoghurt

For children try to stick to no more than 2 snacks a day, no more than 100 calories each.

For more information see:  
[www.nhs.uk/change4life/pages/healthy-snacks.aspx](http://www.nhs.uk/change4life/pages/healthy-snacks.aspx)



# Homemade Cereal Bars

## Ingredients

150g of jumbo oats  
2 medium, very ripe bananas  
60g of melted butter or coconut oil  
60g of raisins  
60g of dried apricots or cranberries  
80g of mixed seeds such as sunflower seeds and pumpkin seeds

## Let's get cooking

1. Preheat the oven to 200 degrees C (fan 180 degrees C, gas mark 6). Mix the oats, raisins, cranberries and seeds together in a bowl.
2. Pour in the melted butter or coconut oil and mix in thoroughly to make sure the oats are well coated.
3. On a separate plate, mash the bananas into a pulp with a fork, add to the oat mixture, and mix well. Spread the mixture into a 30x20cm tin and bake in the oven for 20-25 minutes. Once cooked, transfer to a wire rack to cool, then cut into six bars.

### Top Tip!

These cereal bars are great as an occasional after school snack or treat. Add nuts and seeds for extra crunch.





*packed lunches*

## Packed lunches

Lunch contributes to around 1/3 of our intake, therefore it is important that it contains good sources of vitamins, minerals, carbohydrate, dairy, protein and fibre. Your child could be entitled to a Free School Meal. These lunches provide children and young people with a nutritionally balanced meal and can contribute to their 5 a day. To find out more, visit <https://info.westberks.gov.uk/freeschoolmeals>

Packed lunches can often be higher in fat, sugar and salt and can contain more processed foods.

### Try including:

- ✓ **Starchy foods** – these include bread, rice, potatoes and pasta
- ✓ **Protein foods** – including meat, fish, eggs, beans
- ✓ **A dairy item** – this could be cheese or a natural low fat yoghurt
- ✓ **Vegetables or salad** and a **portion of fruit**
- ✓ **Water**

### Try not to include:

- ✗ **Confectionery** such as sweets and chocolate
- ✗ **Crisps** and **biscuits**
- ✗ **Processed meat** products such as sausage rolls, scotch eggs and pork pies
- ✗ **Fizzy** or **sugary** drinks



For more info: [www.nhs.uk/change4life/recipes/healthier-lunchboxes](http://www.nhs.uk/change4life/recipes/healthier-lunchboxes)

## Eating out & Takeaways

Larger portion sizes and foods higher in fat, sugar and salt. Its no surprise that regular takeaways & meals out can lead to weight gain. **Check out the best options below!**

Italian		Chinese		Indian	
<b>Avoid</b> Large and deep dish pizzas, pizzas with cheese stuff crust  Triple cheese and pepperoni pizzas  Creamy pasta sauces such a carbonara  Garlic bread	<b>Choose</b> Small or medium pizza with a thin base  Vegetable or lean meat toppings  Tomato-based pasta sauces such as Pomodoro or Arrabiata  Bruschetta	<b>Avoid</b> Sweet and sour  Crispy fried beef  Battered pork/ chicken balls  Special or egg fried rice  Prawn toast and spring rolls	<b>Choose</b> Crab and corn soup  Steamed dumplings, steamed vegetables and plain boiled rice  Steamed fish, chicken and chop suey  Szechuan prawns	<b>Avoid</b> Creamy curries such a korma, passanda or masala  Nann, bhajis, pakoras and poppadoms.	<b>Choose</b> Tandoori or madras with chicken, prawns or vegetables  Plain rice & Chapatti
Burgers & Kebabs					
<b>Avoid</b> Doner kebab  Added cheese & mayonnaise  Thin-cut chips  Chicken or fish deep fried in batter		<b>Choose</b> Shish kebab with pitta bread and salad  Grilled burgers made from lean fish, beef or chicken			

For more info see: <https://www.nhs.uk/change4life/food-facts/healthier-takeaways-and-ready-meals>

# Chicken Korma

## Ingredients

2 tsp vegetable oil  
500g skinless, boneless uncooked chicken breasts, chopped  
1 large onion, chopped  
1 apple, cored and chopped  
2 cloves of garlic, crushed  
2 tbsp korma curry paste  
400ml reduced-salt vegetable or chicken stock  
25g sultanas or raisins  
25g chopped ready-to-eat apricots  
300g easy-cook long grain brown rice  
1 tbsp cornflour  
1 banana, sliced  
4 tbsp low-fat, lower-sugar plain yoghurt  
1 tbsp fresh coriander, chopped (to garnish)  
1 pinch ground black pepper

## Let's get cooking

1. Heat the vegetable oil in a large saucepan. Add the chicken, onion, apple and garlic, and cook for 2-3 minutes, stirring often. Add the curry paste and cook for a few seconds, stirring. Make a vegetarian version by using a 300g pack of vegetarian chicken-style pieces or try using 320g marinated tofu pieces, and make sure that vegetable stock is used.
2. Add the stock, raisins or sultanas and apricots. Bring to the boil, then reduce the heat and simmer, partially covered, for 35 minutes. Add a little more stock or water, if necessary.
3. Brown rice takes 30-35 minutes to cook, so put it in plenty of simmering water.
4. Just before serving, blend the cornflour with 2 tbsp cold water and add to the curry, stirring until thickened. Slice in the banana, cooking gently for another few moments. Check the seasoning, adding pepper, if needed.
5. Serve, topping each portion with 1 tbsp yoghurt and accompanied with the rice. Garnish with coriander, if using.



# Alcohol

Alcohol is very high in empty calories and can lead to us eating foods high in fat, sugar and salt when we drink it. Check out the amount of alcohol and calories in your favourite drink below and our tips on how to reduce your intake!

Both men and women are encouraged to consume no more than 2 - 3 units per day or 14 units per week and should aim to have 2 alcohol free days each week.



## 1 Pint of Guinness

= 2.3 units

4% = 210—250 calories



## 1 Pint of Cider

= 2.8 units

5% = 200—250 calories



## 1 Pint of Lager

= 2.8 units

5% = 180—250 calories



## 250ml Glass of Wine

= 2.8—3.5 units

11% - 14% =

165 - 235 calories



## 275ml bottle of Alcopop

= 1.1 units

4% = 170 calories



## 25 ml measure of spirit

= 1 unit = 65 calories

- **Alternate** between alcoholic and non-alcoholic drinks throughout the night, not only will this save you money but you will cut your calorie intake in half and help reduce the risk of intoxication (getting drunk quickly).
- **Dilute** alcoholic drinks such as wine and beer with low calorie mixers to make a spritzer or shandy.
- **Try a lower calorie alcohol**, spirits such as vodka are lower in calories than beer and wine.
- **Remember** alcohol can stimulate your appetite and makes you less likely to make healthy food choices. Avoid the kebab shop on the walk home by preparing a healthy snack before you go out, this will also help to stop you feeling drunk quickly.



*Energy  
balance*

# Energy Balance



Staying a healthy weight can sometimes seem impossible, however it is not as complicated as it seems and all comes down to our energy balance.

## Energy IN

Energy is known as calories

Our bodies need energy to function

This energy comes from the food and drink we consume



**Balance = our weight stays the same**

## Energy OUT

Our bodies use energy up by:

Body functioning – heart beating, brain working, stomach digesting food

Growth & Development

To supply energy for physical activity



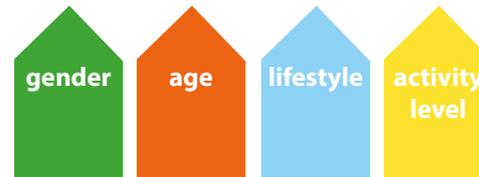
If we eat foods high in energy but don't do much exercise we will **gain weight**



If we reduce our energy intake from food and increase our activity level we will **lose weight**

## How much energy do our bodies need?

Our energy requirements are effected by:



# Healthy Weight

Find out more about Body Mass Index (BMI), what is it and what does your result mean?

## What is BMI?

**Adults:** BMI is a measure that uses your height and weight to work out if your weight is healthy.

**For children and young people aged 2 to 18:** The BMI calculation takes into account age and gender as well as height and weight.

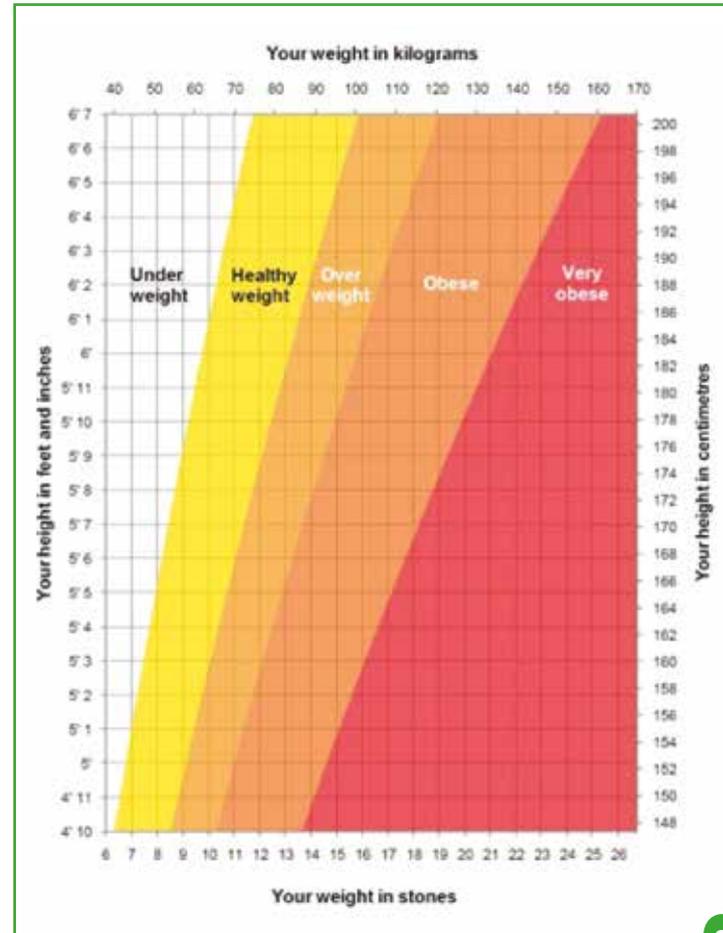
## How can I work out my BMI?

For both adults and children: You can use the NHS choices BMI calculator online at:

<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>

Or if you are an adult: use the chart on the right.

Adults BMI Chart



## What does the result mean?

For Adults:

BMI Range	What does this mean?
Below 18.5	You are in the underweight range
18.5 – 24.9	You are in the healthy weight range
25 – 29.9	You are in the overweight range
30+	You are in the obese range



## Accuracy of BMI

For the general public BMI is considered to be accurate measure of healthy weight status. BMI takes into account natural variations in body shape, giving a healthy weight range for a particular height.

As well as measuring your BMI, healthcare professionals may take other factors into account when assessing if you're a healthy weight. Muscle is much denser than fat, so very muscular people, such as heavyweight boxers, weight trainers and athletes, may be a healthy weight even though their BMI is classed as obese.

Your ethnic group can also affect your risk of some health conditions. For example, adults of Asian origin may have a higher risk of health problems at BMI levels over 25 kg/m<sup>2</sup>.

You should not use BMI as a measure if you're pregnant. Get advice from your midwife or GP if you're concerned about your weight.

# 5 Ways to Wellbeing



Good overall wellbeing is not just about physical health, and the COVID-19 pandemic has got many people thinking more about how they can better look after their mental health too. Evidence suggests that there are five steps we can all take to do this. Give them a try, you may feel happier, more positive and able to get the most from life!

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Connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.

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You don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.

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Learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?

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Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.

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Be more aware of the present moment, including your thoughts, feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

# Physical Activity for adults

There are a range of health and social benefits associated with physical activity, however the vast majority of people are not active enough!



Find an activity that you enjoy doing and make it part of your normal, everyday life.

This way you are much more likely to stay active long term which is key to living a healthy lifestyle and reducing your risk of obesity, poor mobility and various diseases.

**Walk as much as you can.**

For more info on activities within West Berkshire see:

<https://info.westberks.gov.uk/physicalactivity>



# Physical activity for adults and older adults

 Benefits health	Type II Diabetes -40%
 Improves sleep	Cardiovascular disease -35%
 Maintains healthy weight	Falls, depression etc. -30%
 Manages stress	Joint and back pain -25%
 Improves quality of life	Cancers (colon and breast) -20%

Reduces your chance of

Some is good, more is better

Make a start today: it's never too late

Every minute counts

## Be active



# Physical Activity for Disabled Adults

• **Make it a daily habit** •



**Creates opportunities to meet new people and feel part of the community**



**Improves mental health and quality of life**



**Makes maintaining a healthy weight easier**



**Makes daily tasks easier and increases independence**

**Disabled adults**

**Being inactive is harmful to health**

**Physical activity makes you feel good**  
Give things a go and enjoy what you do

**Helps to prevent chronic disease**



**Strengthens muscles and bones**



**Improves fitness**



**Improves mobility and balance**

**Don't be still for too long**

Even a little movement is better than nothing

**Do strength and balance activities on at least two days per week**

**For substantial health gains aim for at least 150 minutes each week of moderate intensity activity**

**Remember the talk test:**



Can talk, but not sing = moderate intensity activity

Difficulty talking without pausing = vigorous intensity activity



# Physical activity for pregnant women



Helps to control  
weight gain



Improves fitness



Helps reduce high blood  
pressure problems



Improves sleep



Helps to prevent  
diabetes of pregnancy



Improves mood

**Not active?**

Start gradually

**Home**



**Already active?**

Keep going

Throughout pregnancy  
aim for  
at least

**150**

minutes  
of moderate intensity activity  
every week

**Out and about**



**Leisure**



**Do muscle  
strengthening**  
activities twice a week

**No evidence  
of harm**

**Listen to your  
body and adapt**



**Every activity  
counts, every minute  
counts, more is better**

**Don't bump  
the bump**

UK Chief Medical Officers' Physical Activity Guidelines, 2019

# Physical Activity for Children



Children aged over 5 should be physically active for **at least 60 minutes** each day!

## Top Tips to Increase exercise as a family:

- **Try new activities** that you can do as a family, swimming can be great fun for everyone
- Remember children do not always do as much exercise at school as what we think they do
- Make the most of the **great outdoors** going for a walk or a trip to the park
- Set by example and try to **be a role model** for your family
- **Swap screen time** for active time

## Active travel

- Travel as much as you can in an active way, this can contribute to children's physical activity goal of 60 minutes per day.
- This includes walking, cycling or scooting to school or to the shops
- If you have to drive, simply park further away and walk the last part. You'll avoid traffic and burn energy at the same time
- Stand on the train or bus, take the stairs and walk up escalators
- Try to move around every 20 minutes and reduce the amount of time spent sitting down
- Getting children active when they are young, encourages good activity patterns and habits later in childhood

# Physical activity

for children and young people

(5–18 Years)



BUILDS  
CONFIDENCE &  
SOCIAL SKILLS



MAINTAINS  
HEALTHY  
WEIGHT



DEVELOPS  
CO-ORDINATION



STRENGTHENS  
MUSCLES  
& BONES



IMPROVES  
SLEEP



IMPROVES  
CONCENTRATION  
& LEARNING



IMPROVES  
HEALTH  
& FITNESS



MAKES  
YOU FEEL  
GOOD

## Be physically active

Spread activity  
throughout  
the day



PLAY



RUN/WALK



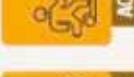
BIKE



ACTIVE TRAVEL



PE



SPORT



WORKOUT



DANCE

Aim for  
at least  
**60**  
minutes  
everyday

All activities  
should make you  
breathe faster  
& feel warmer



SKIP



SKATE



CLIMB



LOUNGING



SIT LESS



MOVE MORE

Include muscle  
and bone  
strengthening  
activities

**3 TIMES  
PER  
WEEK**

Spread activity  
throughout  
the day

Spread activity  
throughout  
the day

## Sit less



LOUNGING

## Move more

Find ways to help all children and young people accumulate  
at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: [www.bit.ly/startactive](http://www.bit.ly/startactive)

*make the most of  
the great outdoors*



# Screen & Sedentary Time



Due to the COVID-19 lockdowns over 2020-2021, it's safe to say that many of us may have become more sedentary, and spent more time in front of a screen. But the Royal College of Paediatrics and Child Health suggests that screentime limits in families should be negotiated based on the needs of each individual child and would recommend that everyone avoid screens an hour before bed.

## UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

### Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



### Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



### Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



### Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



### Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



### Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



### Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



### Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



# Sleep

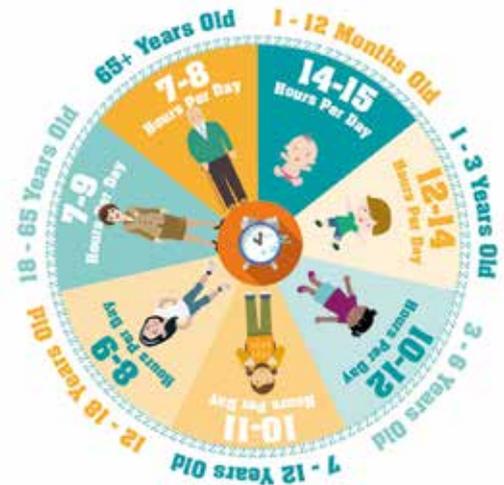
Sleep is incredibly important and should be seen as the foundation for a healthy lifestyle. Research shows that poor sleep can lead to a poor diet, active levels and mental health. 1 in 3 people struggle with a sleep disorder at some point in their life and below are some good tips to help make sure you are getting the sleep you need.

- Wind down before you sleep, relaxing and preparing to sleep around 90 minutes before you go to bed. This may include writing down any stresses for the day in a journal or meditating.
- Try to make sure your bedroom is a sleep friendly environment. Dark, cool (around 19 degrees) and comfortable.
- Avoid caffeine at least four hours before bed. Not only can it effect falling to sleep but also the quality of your sleep too.
- Keep yourself physically active during the day and don't over indulge in food or alcohol before bed.

## But how much sleep should we be getting?

If you have been struggling to get to sleep or stay asleep or struggling with severe tiredness for more than 3 weeks you may have a sleep disorder. Contact your gp to request a referral to a sleep clinic

[sleepcouncil.org.uk](http://sleepcouncil.org.uk)



For more information on sleep check out [www.nhs.uk/live-well/sleep-and-tiredness](http://www.nhs.uk/live-well/sleep-and-tiredness)

# Mental Health

We all have mental health and every year 1 in 4 people are thought to experience mental health difficulties. It is good to understand how we can seek help for ourselves and others if experiencing mental health difficulties.

## Anxiety

Anxiety is a common but unpleasant feeling many of us will experience throughout our lives. People can experience anxiety about a range of things such as meeting new people and big life events such as moving house. While anxiety is a normal emotion, sometimes it can reach a level where it has a significant impact on a person's everyday life and may mean that they are not able to do or enjoy the things they want or need to do.

## Depression

It is not unusual for someone to feel low, sad or tearful sometimes, especially when something particularly upsetting has happened. Depression is a mental illness that makes a person feel sad or unable to enjoy life for a sustained period of time.

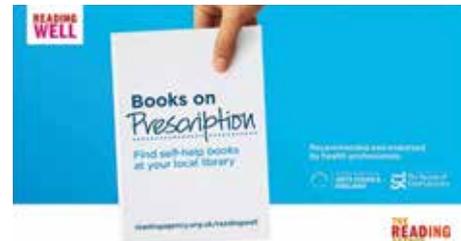
## The Emotional Health Academy (EHA) Clinic

We offer specific services directly to parents in and around West Berkshire to support their child or young person with their emotional needs. We carry out emotional health assessments and deliver evidenced based, low intensity talking therapies. Support is tailored to the needs of the individual and is offered where they feel comfortable and safe. [www.westberks.gov.uk/eha](http://www.westberks.gov.uk/eha)

## Other mental illnesses

While anxiety disorders and depression are two of the most common types of mental health problems that people experience there are also many others, for example OCD, eating disorders and bipolar. Mental illnesses can be short term illnesses or can persist throughout a person's life. But, with the right treatment and support people with mental health illnesses can live full and satisfying lives.

For information and access to local services for mental health support please check out the west Berkshire directory **directory.westberks.gov.uk** and search "mental health services"



# Help prevent a suicide

## Suicidal feelings could include:

Believing death is your only option, feeling helpless and worthless, feeling that things won't get better, feeling overwhelmed and unable to cope, feeling undecided about whether you want to live or die.



## Things that might drive someone to think about suicide



## Warning signs

It can be very difficult to recognise when someone is intending to take their own life. People can become skilled at hiding their thoughts and feelings.

- Isolation or loneliness
- Tiredness and loss of energy
- Disrupted sleep, sleeping badly and waking early
- Irritability
- Addictive or dangerous behaviour
- Losing interest in work, sex, food or anything else that's usually enjoyable
- Weight loss or gain
- Giving away possessions
- Someone taking less care of themselves, for example eating badly or not caring what they look like
- A marked change of behaviour – someone may appear to be calm and at peace for the first time or, more usually, may be withdrawn and have difficulty communicating.

if someone is in crisis or has attempted suicide: if its an emergency call 999 straight away and ask for an ambulance. Ring the Mental Health Crisis Team if you need urgent help, but its not an emergency on 0300 365 0300

## Useful Contacts

Websites that you may find helpful.



NHS Choices is the official website of the NHS, providing an award-winning, comprehensive health information service with thousands of articles, videos and tools, helping you to make the best choices about your health and lifestyle.

[www.nhs.uk](http://www.nhs.uk)



Our lifestyles can be more unhealthy than we think. Start the fight back to a healthier you. Take the One You quiz and see how you score.

[www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)



Would you or your family like to be healthier and happier? Would you like loads of ideas, recipes and games to help you do this? Then you already know why you should join Change4Life.

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)



[www.diabetes.org.uk](http://www.diabetes.org.uk)



British Heart  
Foundation

[www.bhf.org.uk](http://www.bhf.org.uk)

# Useful Contacts



Websites that you may find helpful.



Name	What is it?	Website	Phone/ email
Emotional Health Academy	The Emotional Health Academy (EHA) is West Berkshire's early intervention emotional health service. The service opened in April 2016 and works alongside services in the public and voluntary sector, including GPs and schools, to strengthen wellbeing and resilience in West Berkshire children, young people and families.	<a href="https://info.westberks.gov.uk/article/35801/Welcome-to-the-Emotional-Health-Academy">https://info.westberks.gov.uk/article/35801/Welcome-to-the-Emotional-Health-Academy</a>	Emotional.Health.Triage@westberks.gov.uk 01635 519018
smokefreelife Berkshire	A free 12 week stop smoking programme offering free NRT and behavioural support.	<a href="http://www.smokefreelifeberkshire.com">www.smokefreelifeberkshire.com</a>	info@smokefreelifeberkshire.com 0800 622 6360
West Berkshire Public Health and Wellbeing	The Public Health & Wellbeing Service - committed to improving the health and wellbeing of the population across the district.	<a href="http://info.westberks.gov.uk/publichealth">info.westberks.gov.uk/publichealth</a>	publichealthandwellbeing@westberks.gov.uk 01635 519973
Activity for Health Referral Programme	A programme of exercise, available on referral by your GP, at Legacy Leisure Centres	<a href="http://www.leisurecentre.com">www.leisurecentre.com</a> <a href="http://info.westberks.gov.uk/activityforhealth">info.westberks.gov.uk/activityforhealth</a>	01635 31199
Run Together	If you're new to running, or just out of practice, there are a number of running groups especially for beginners in West Berkshire to help you get off on the right foot.	<a href="http://info.westberks.gov.uk/runtogether">info.westberks.gov.uk/runtogether</a>	01635 519679
Walking for Health	Free regular, led, health walks ranging from 30 - 90 minutes	<a href="http://info.westberks.gov.uk/wfh">info.westberks.gov.uk/wfh</a>	01635 519679





**West Berkshire Public Health and Wellbeing**

01635 519973

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<https://info.westberks.gov.uk/publichealth>

[@WestBerksPH](https://www.facebook.com/WBCpublichealth)

