

1. **Watch the video and fill in the gaps with necessary words:**

https://youtu.be/Cg_GW7yhq20

Healthy Lifestyle

It's important to remember: our physical health affects our health, and vice versa.

What we do to our makes a big difference to how we feel. Physical activity, diet, alcohol, and drugs can all affect our mental health and in different ways. So, let's talk about them.



Physical activity releases feel-good hormones called , which help us sleep and feel better. It also our physical fitness, which tends to make people feel better in general. Even small amounts of physical activity, can improve your mental wellbeing - especially if it's doing something you enjoy. Physical activity is even a recommended for some types of depression. You can get active at your own pace, in your . There's no need to join a or even spend any money. Simple, small in our day-to-day can make all the difference. Taking a walk at lunchtime or walking to get where we're going, getting active in the garden, or once or twice a week are great options. If there is a type of activity you used to enjoy, think about how you could pick it up again. For example, there are lots of groups in local areas open to all levels of . What's more, studies show that time in green spaces is , so head to your local park if you can!

If you need a little help fitting more physical activity into your day, try the Active 10 app. It helps you get short bursts of brisk walking into your day. There's also the fantastic Couch to 5K app, which will get you up and running in just 9 weeks!

Eating better can play a big role in our and wellbeing. It won't come as a surprise to learn that what we eat, and how much, plays a big part in our physical health – which can our mental health too. Ideally, we should aim to eat a healthy diet, with plenty of fruit and veg. It's important to keep an eye on your calories, and minimise foods that are sugar, fat and salt.

For helpful tips on eating a better diet, check out the One You website.

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Alcohol, caffeine, tobacco, and even drugs may seem when we're stressed or tired. And, when we use them to try and cope the idea of stopping them can feel like it would make things even harder.



But they can cause more problems than they solve, especially . All these **habits** can our sleep patterns, and affect how and depressed we feel. So try cutting down (or even quitting). And remember that there's support available. Alcohol in particular can our moods, so cutting down can really help us feel better. For more help cutting down, you can download the Drink Free Days app. And for help cutting back on drugs visit the talk to frank website. As for cigarettes, stopping smoking is one of the best things you can do for your body and your brain. You'll easier, feel better, and save money!

Check out NHS.uk/smokefree for advice and support on quitting.

Whatever you choose to do what's good for your body is good for your mind.



2. True or False:

1. Physical fitness makes people feel better in general.
2. Physical activity is recommended for treating some types of indigestion.
3. You can eat foods high in sugar, fat and salt with no limits.
4. Taking alcohol, caffeine, tobacco, and even drugs can complicate our sleep, and make us anxious and depressed.
5. What's good for your body is good for your mind.

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