Food is fuel for your body...

Think of food as fuel for your body. You need to put in the right sorts of fuel in the right amounts to get the optimum performance out of your body. This, together with regular exercise, will give you more energy, control your weight and even make you concentrate better.

Fruit and vegetables are packed with essential vitamins, minerals and fibre which may help reduce the risk of nasty diseases like cancer and heart disease. It’s recommended that fruit and vegetables form the basis of your diet, with a minimum intake of five portions each day - about a third of your daily food consumption. Currently the UK averages two to three portions a day, so we’re falling well short of the benefits they can provide.

Try to incorporate fruit and vegetables into every meal, as well as making them the first choice for a snack.

\textbf{What is a Portion?} (about 80 grams)

\textbf{A portion of vegetables is roughly equivalent to:}
\begin{itemize}
  \item 3 heaped tablespoons of peas, beans or pulses
  \item 2 broccoli florets
  \item A dessert bowl of salad
\end{itemize}

\textbf{A portion of fruit is roughly equivalent to:}
\begin{itemize}
  \item A slice of fruit e.g. melon, mango or pineapple
  \item 1 medium-sized fruit e.g. apple, banana or orange
  \item 2 small-sized fruits e.g. plums or satsumas
  \item One handful of grapes or two handfuls of cherries / berry fruits or one tablespoon of dried fruit
\end{itemize}

\textbf{Five a day}

Try to get five portions of fruit and veg per day.

A glass of apple or orange juice counts as one of them!
Remember any exercise at all is better than none!

You don’t have to slog it out in a sweaty gym to maintain a ‘keep fit’ lifestyle. Simply boosting your levels of general daily activity can massively improve your health and energy. Try to fit in at least 30 minutes of moderate-intensity physical activity, five days a week. You don’t have to do the whole 30 minutes in one go. Your half-hour could be made up of three ten-minute bursts of activity spread through the day, if you prefer.

Physical activity improves joint stability and increases and improves your range of movement which helps maintain flexibility and bone mass as you age. This helps to prevent osteoporosis and fractures and can also improve your mood and reduce the symptoms of anxiety and depression, enhancing your self-esteem.

Food Vs Exercise!

A large burger has 540 calories!
To burn that off you could do:
- 150 minutes of walking
- 62 minutes of jogging
- 45 minutes of swimming
- 82 minutes of cycling

A slice of pepperoni pizza has 198 calories! To burn that off you could do:
- 40 minutes of recreational swimming for men or 45 minutes for women

To burn off a jam doughnut:
- You’d have to walk at a quick pace for 48 minutes, which is just over 3 miles!

Useful Websites:

BBC Healthy Living: http://tinyurl/y2y66t2
www.thesite.org
www.eatwell.gov.uk
www.childrenfirst.nhs.uk