STAYING HEALTHY

Looking after your health

Eat a balanced diet

Plenty of fruit, vegetables and fibre. Drink water through the day.

Be active

Find movement you enjoy and do it regularly.

Sleep well

Regular sleep helps your body, mood and learning.

Keep clean

Wash hands, shower and brush your teeth twice a day.

Talk about it

If something worries you, tell a trusted adult.

Know where to turn

For health questions, ask a GP or pharmacist. In an emergency, call 999.