



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Bae Abertawe  
Swansea Bay University  
Health Board

I nerapi Gaiwedigaethol  
Occupational Therapy



Bwrdd Iechyd Prifysgol  
Bae Abertawe

# Leading a Healthy Lifestyle

## Occupational Therapy



# Rest and Refresh

Leading a healthy lifestyle can allow you to get the most your life, reduce the risk of chronic diseases and promotes your over-all wellbeing

## **MEDITATION**

Meditation, breathing techniques and a soothing sleep environment can add balance to your mental well-being and restore your body for another day.



## **IMPORTANCE OF SLEEP**

Getting enough sleep and recharging your mind is a good way to stay healthy and is often overlooked.

## **TOP TIPS**

- Keep regular sleep hours
- Create a restful sleeping environment
- Cut down caffeine
- Try to relax before going to bed
- If you cannot sleep, get up!

# Exercise Regularly



Regular physical activity helps keep your brain healthy, helps you manage your weight, reduces disease, strengthens bones and muscles and much more!

Adults should aim to complete 30 minutes of exercise 5 days a week

*Types of physical activity:*

Aerobic

Strength and Resistance

Pilates and Yoga

Fitness plans



# Eat and drink well



A healthy diet not only helps you manage your weight, but it also builds and strengthens your body and immune system.



Adults and children need to consume water everyday as it benefits overall health. With zero calories, it lubricates joints, helps get rid of waste and prevents dehydration.

## *Top tip:*

- Adults should aim to eat 5 fruit and vegetable portions a day and eat regularly
- Adults should aim to drink 6 - 8 glasses per day.