



# Eat well and Move well

Ways to have a healthy weight in County Durham  
An easy read patient guide

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## Ways to help you have healthy weight in County Durham

Your GP or health care provider can point you to services or community activities to help you have a healthy weight.

The health professional will take some information and tell you how you can get help to have a healthy weight.



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## Why is it good to be a healthy weight?

- To feel healthier and have more energy
- To have better health
- To have lower risk of illness and disease
- Lower chances of some cancers
- Better mood



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## What support may a healthy weight service provide?

- Help with following a healthy eating plan
- Help with ways to be physically active to suit each person
- Help to make lasting healthy changes



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## Things you can do to keep a healthy body and mind

Making too many changes at once can feel too much.

### Start small

Taking one thing at a time can help you make that change last.





Eat 5 different fruit and vegetables each day.



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Drink 6 glasses of water every day.



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Doing exercise keeps your muscles strong and healthy. Try walking to your college, work or day centre.



Try not to eat just before you go to bed.



Write down healthy foods on your shopping list.



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Try something new like swimming, dancing, gardening or going to the gym.



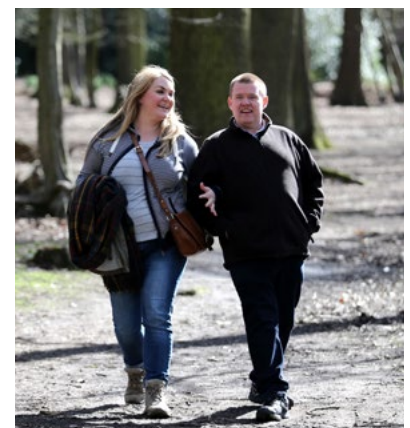
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Eat a healthy breakfast.



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Being active keeps you fit and healthy.



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Try to walk 10,000 steps every day.

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**Email:** [publichealth@durham.gov.uk](mailto:publichealth@durham.gov.uk)