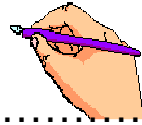


What would you like to do to be healthy?

Write them down here



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**There are people who can help you to be healthy
Their telephone numbers are in the red box below**



Jill Tompkins can help you to contact them
Jill Tompkins is a Health Facilitator

This means she helps people to be healthy




01270 654 400

Crewe and Nantwich Borough Council 01270 537 240

Vale Royal Borough Council 01606 867 547

Congleton Borough Council 01270 769 329



Cheshire and Wirral Partnership 
NHS Trust



This leaflet tells you some of the things you can do to be healthy



Eat 5 fruit and vegetables each day



Try not to eat just before you go to bed

Eat a healthy breakfast



Drink 6 glasses of water every day



Write down healthy foods on your shopping list



Try to do more exercise

Doing exercise keeps you fit and healthy

Doing exercise keeps your muscles strong and healthy

Try to walk to your work or day centre



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

Try to walk 10,000 steps every day

You can buy a machine that counts your steps

This is called a pedometer

