

Activity tips

Our body is made to be active, ensuring we develop physically and mentally and that we feel good. We should be active in one way or another every day. The more exercise we get and the more active we are, the better we feel!

Sit less

- Think carefully about how long you spend in front of a screen and find alternative ways of using your time. Is there anything else you could do instead?
- Sitting still for long periods is bad for your body. Take short breaks and move around.

Stay on the move

- How do you get to school, recreational activities and friends? Could you walk or cycle instead?
- Use the stairs instead of a lift or escalator.
- Try to move around so that you become warm and slightly out of breath for at least an hour each day.

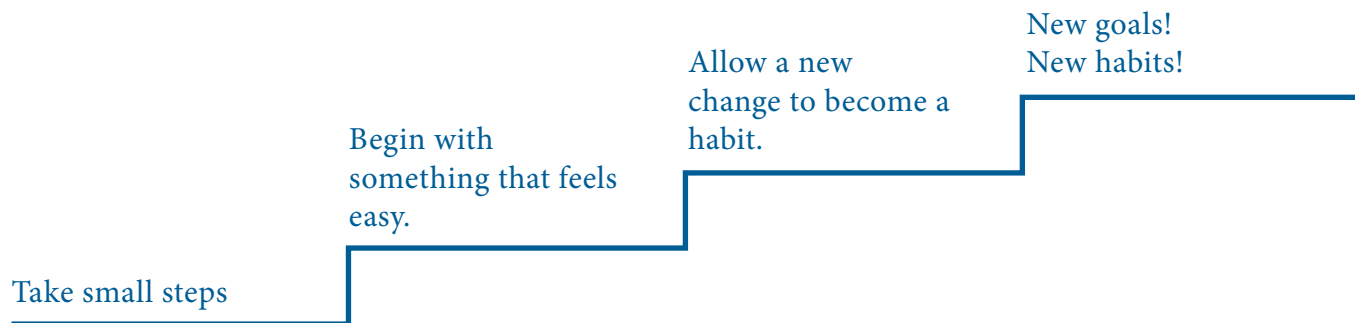
Become sweaty

- You will really feel the benefit if three times a week you are active, out of breath and sweaty for at least an hour on each occasion. Begin from a level that suits you and see how far you can go!
- Choose activities that are fun and which you enjoy doing.

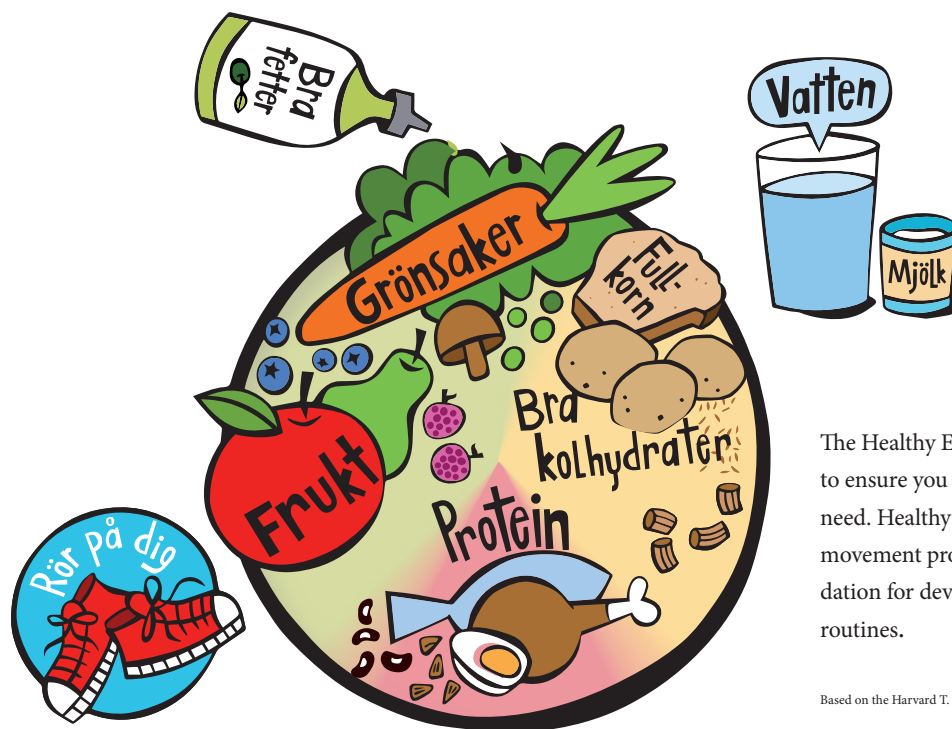


Sleep

Getting enough sleep is necessary for your body and mind to feel good and to develop. During puberty, sleep is affected by our hormones and it is easy for daytime and nighttime activities and routines to be reversed. If television, the computer and other screen-based activities are avoided before going to bed, your brain will have time to rest and recover. This will make it easier for you to get enough sleep.



My personal health model



The Healthy Eating Plate is a model used to ensure you get all the nutrients you need. Healthy food in combination with movement provides an excellent foundation for developing healthy habits and routines.

Based on the Harvard T. H. Chan School of Public Health 2016

The Keyhole

The Keyhole is perhaps the simplest way of choosing good, healthy food. You eat less sugar and salt and more wholemeal, fibre and unsaturated fats, which are much better for you. Healthy alternatives are the most beneficial in the long run.



A series of worksheets is available to help you. Feel free to ask for them!

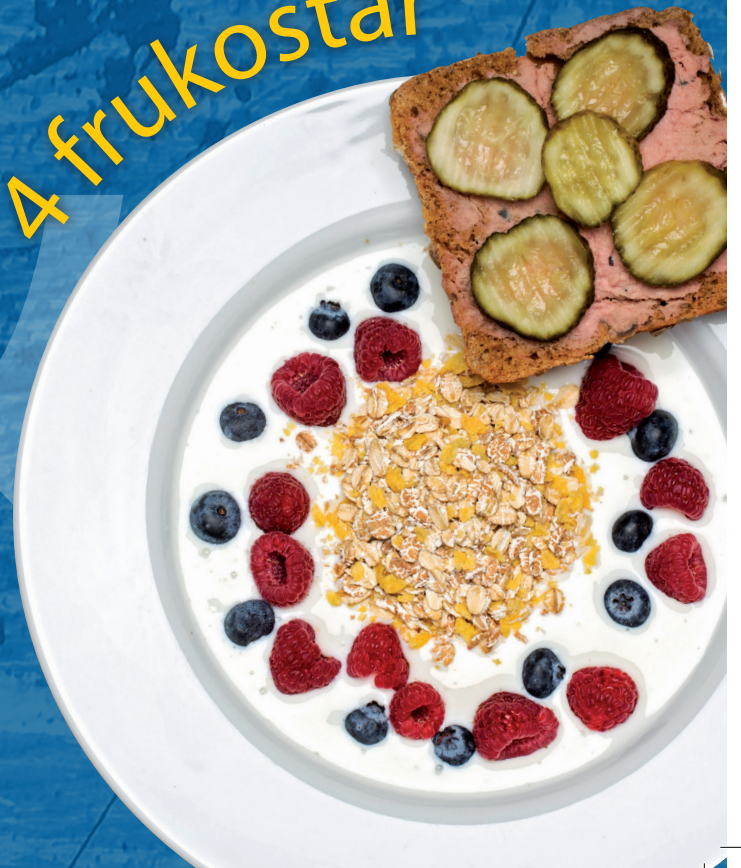
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Email: adress.distributionscentrum@vgregion.se

Simple tips

Young people

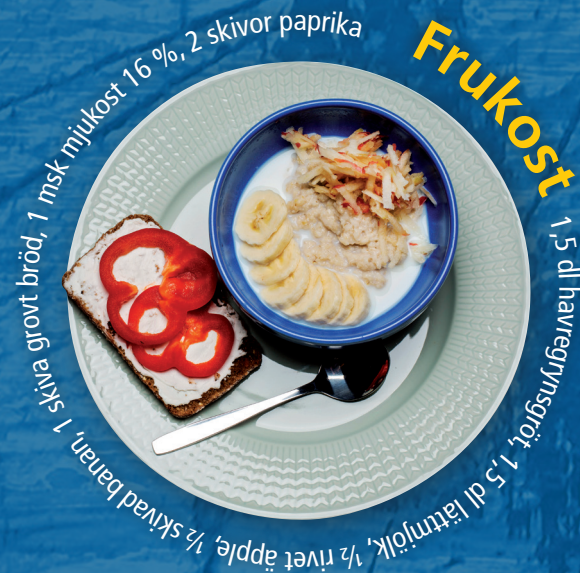
6 huvudmålar

4 frukostar



Simple tips that can help you to choose wisely when it comes to food and exercise.

- Each day you should preferably eat breakfast, two main meals and one or two snacks, even at the weekend. This will often ensure that you are less peckish between meals.
- Water is the best way of quenching your thirst. Cordial, soft drinks, energy drinks and juice contain a lot of sugar.
- Milk contains lots of nutrition and 2-3 glasses per day (including yoghurt and soured milk) is ideal. If possible, you should choose Keyhole products that contain no added flavourings.
- Place a portion on your plate that you feel is enough. Take your time with your meal and eat slowly. You feel full after about 10 minutes.
- If you are still hungry after one portion, you should ideally eat more vegetables or a piece of fruit.
- You do not need to avoid sweets, chocolate, cakes, ice cream or crisps completely, but they do contain far higher levels of sugar and fat. It is therefore recommended that they are limited to once a week.



Huvudmål



1 nyckelhåsmärkt korv, 2 dl couscous, 1 tsk lättmargarin, 2 skiva ost 1%, gurk- och paprikaskivor, 2,5 dl linssoppa, 1/2 dl yoghurt 3%, 2 rågsiktstbrödbaguetter,

Huvudmål



2 dl kottfärs, 125 g stekt lax, 2 dl klyffpotatis, 2 dl kålsallad

What do you do when you...

are hungry or peckish?

want to give yourself a little treat?

are bored?

want to celebrate?

Snacks

Fruit or vegetables are in most cases perfect as a snack.



You can find more suggestions about fresh, tasty snacks at www.angeredsnarsjukhus.se/minamellanmal