

Healthy Choices: Your Simple System

aim to spend
time here
whenever you
can



- 5 or more portions of fruit and vegetables a day
- plenty of fibre, protein, healthy fats and some dairy products*
- 6-8 glasses of water a day (including fruit juice, tea, coffee)



- 30 mins moderate activity 5 times a week
- 2 sessions of 30 min strengthening exercise a week
- moving and stretching as much as you can - every 15 minutes if possible!



- take the days off and holidays you're owed to get regular breaks from work, recover and avoid burnout
- talk to your manager if you're struggling and need to take a break or you feel guilty about not covering extra shifts
- take time to relax - whatever that looks like for you - running, swimming, meditating, gardening, a funny film

try to spend
less time here,
approach with
caution



- caffeine
- snacks with higher amounts of unhealthy fats, salt, sugar



- offering to cover lots of shifts in a week or a month
- not taking holidays or missing your days off
- not finding regular time to do things you enjoy

limit the time
you spend
here



- fizzy pop & alcohol
- processed food & takeaways



- smoking
- not doing any exercise
- doing all your working or relaxing sitting down



- 'pushing through' at work or at home without time to relax

