

What is a healthy lifestyle?

Balance is the key

Being healthy is a big part of being happy. A healthy lifestyle simply means that the way they are day to day, makes them feel physically and mentally fit and well.

What is a healthy lifestyle?

“Balance is the key, it's about what they put into their body and also how they burn that energy off.”

Food is burned in our bodies to create energy. If we don't use it, we get fat - simple!

If their lifestyle is not a healthy balance - for instance through not exercising, eating too much fatty and sugary foods, drinking alcohol, getting involved in drugs or by keeping worries and problems to themselves - they are more likely to become ill, have trouble concentrating at school or be unhappy or depressed. Being active can reduce their stress levels and can give them the time to think clearly. Their lifestyle has a big effect on how they feel and what they get out of life, both now and in the future. So it's a good idea to find out more about how to live healthily.

“There are many other areas of our health we need to think about like sexual health, healthy teeth, drugs, alcohol and generally looking after ourselves.”

What they can do

- Be responsible for their own health, only they know how they feel.
- Keep it fun! Healthy living is all about getting the balance right, enjoying themselves and being happy is a key part of a healthy lifestyle.
- Get active! See if their friends would like to go rollerblading or play football rather than watching TV.
- They don't need to join an expensive gym to get fit. Jog in the park or walk home, every bit helps!
- If they feel anxious or depressed talk to their parent or carer, school nurse or teacher.

Sunburn: Stay safe in the sun

It's the damage done to their skin when they're young that could lead to skin cancer developing in later life, so it's vital to get clued up now and protect themselves from the sun.

Love the sun, respect their skin.

Avoid the pain and shame of the lobster look by following our five simple steps.

- 1.** Cover up their skin. Throw on a long sleeved shirt or top that ideally has a collar and a sarong or long shorts to banish those burning rays.
- 2.** Slap on the suncream. Apply generous amounts of water resistant suncream of at least SPF30 and above, to clean, dry skin before going out in the sun. Make sure they re-apply regularly throughout the day.
- 3.** Wear a hat or cap. Whether it's a stylish fedora, a trilby or a baseball cap, all can help to keep the heat off their head, face, neck and ears.
- 4.** Style it up with shades. Slip on those sunglasses to make sure their eyes are protected from the strong rays of the sun.
- 5.** Chill out in the shade. When the sun's rays are strongest between 11am and 3pm, find a shady spot to avoid the burn.

Fake it!

Use an instant tanner instead.

www.teenagecancertrust.org

Sunbeds

Sunbeds aren't a safe alternative to tanning outdoors. Like the sun, sunbeds give out harmful ultraviolet light which damage the DNA in our skin cells and can cause skin cancer.

Sunbeds also cause premature skin ageing, which means that their skin becomes coarse, leathery and wrinkled at a younger age. So when the tan fades, the damage remains. People with fair skin that tends to burn are at higher risk of problems from sunbed use than those with darker skin. Young people also have delicate skin and are more likely to damage it by using sunbeds.

They should NEVER use a sunbed if they are under 18.

Contacts

Looking after yourself

www.nhs.uk/livewell

www.nhs.uk/livewell/fitness

Change4Life

www.nhs.uk/change4life

Cancer Research

Get sun smart

www.cancerresearchuk.org/aboutcancer/causes-of-cancer/sun-uv-and-cancer