

Tips on maintaining a healthy lifestyle

August 2020

Introduction

It can be difficult to maintain a healthy lifestyle during the COVID-19 crisis. Here are a few tips to help you eat healthily, exercise more and make healthy lifestyle choices.

Resources and support

Healthy Eating

[Change4Life](#) Food facts; Meal Ideas (including snacks) and a Food scanner app;

The [NHS](#) has tips on what foods and how much we should be eating to maintain a healthy diet

[ONEYOU](#) healthy, calorie controlled recipe ideas and tips to remain a healthy weight

Physical Activity

NHS [Seated exercises](#)

[Active 10](#) App from the NHS to increase your walking. [Couch to 5K](#) to promote running

Drug and alcohol

Path to Recovery (P2R) for Bedfordshire residents : [P2R Central Bedfordshire](#) or [P2R Bedford Borough](#)

[Milton Keynes Addiction Recovery Community](#) (ARC) for Milton Keynes residents.

Smoking

The Milton Keynes and Bedfordshire [Stop smoking service](#)

Making healthy choices is even more important during the COVID-19 crisis

Please observe the Government's [Staying alert and safe \(social distancing\) requirements](#)

Tips on maintaining a healthy lifestyle

1. Healthy Eating

- Aim to eat 5 a day of fruit and vegetables. Remember that tinned, dried and frozen fruit and vegetables also count! Try making a smoothie at home or add extra veg to your meals.
- Be mindful of your portion size and limit sugary snacks; try a piece of fruit or chopped up vegetable sticks.

2. Keeping active

- There are still ways you can build activity into your day. The less time spent sitting the better. Gardening, chores like vacuuming, and climbing the stairs are all great ways to keep moving.
- Take advantage of current guidelines which allow you to leave your home for a walk, run or cycle once a day.

3. Drinking and drug use

- Follow the [Government's advice](#) on looking after your mental health and wellbeing as this will help you to stay in control.
- If your drinking or drug use is increasing or becoming concerning, seek advice and support from the services detailed.

4. Cutting down or stopping smoking

- **Tidy your workspace** and remove temptation. Throw away any smoking-related items, wash any fabrics to remove the smell of smoke, and keep stop smoking products to hand.
- **Stay Active** as exercise, even a 5-minute walk around the garden, cuts cravings, lowers your stress levels, and improves your mood.
- **Change Your Routines** - Reflect on when in your routine you usually have a cigarette and then make some changes. If you normally have a cigarette straight after dinner, try getting up and doing the washing up instead.