

EATING WELL + STAYING ACTIVE

Maintaining a balanced diet and staying active are essential for your health and well-being. As a young person in Shropshire, there are resources and services available to support you.



EAT WELL

Balanced Meals: aim to include a variety of foods in your meals, such as fruits, vegetables, lean proteins, whole grains, and dairy or dairy alternatives.
Regular Eating: Try to have regular meals and healthy snacks to keep your energy levels stable throughout the day.
Stay Hydrated: Drink plenty of water!

PERSONALIZED ADVICE

The Public Health Nursing Service in Shropshire offers support on healthy eating. They can provide information tailored to your needs next.shropshire.gov.uk



STAYING ACTIVE

Find Activities You Enjoy: Whether it's dancing, swimming, or playing a sport, choose activities that you find fun.
Join Local Groups: Participating in group activities can be a great way to stay active and meet new people.

INCLUSIVE ACTIVITIES

Actio Consortium and Energize Shropshire run fun sessions that are inclusive and made for everyone!



ACTIVE PROGRAMMES

Shropshire Health Coaches can help you plan to improve your diet and become more active. You can self-refer by calling 01743 255055 or emailing simon.brown@shropshire.gov.uk.

Remember, making small, sustainable changes can lead to significant improvements in your health and well-being.

Reach out to these local services for support tailored to your needs.