

# 10 Top Health Tips

Totnes Leisure Centre  
Quayside Leisure Centre  
Ivybridge Leisure Centre  
Parklands Leisure Centre  
Dartmouth Leisure Centre  
Meadowlands Leisure Centre



1. Eat plenty of whole foods – fruit, vegetables, nuts, wholegrain bread, pasta and cereals are a healthy choice.
2. Reduce salt and sugar intake – add sweetness using fruit and substitute salt with spices.
3. Drink plenty of water – aim for 6-8 glasses of water daily.
4. Maintain a healthy body weight – if you are overweight or gaining weight, try to eat a little less and move a little more.
5. Get moving – aim to do 150 minutes of moderate physical activity each week which is enough to make you warm and increase your breathing rate (if you need support then contact your GP to access the exercise referral scheme for help).



6. Make time to connect with family and friends.
7. Get enough sleep – 7-9 hours sleep a day will boost your immune system and encourages good physical and mental health.
8. Eat a varied, balanced diet – including protein, carbohydrates, good fats, fibre and foods high in vitamins and minerals.
9. Control portion size and eat regularly – load your plate with vegetables and choose healthy snacks between meals, try not to skip breakfast.
10. Make time for activities you enjoy – doing things that make you happy and relaxed will contribute to good mental health and wellbeing.

If you would like some more information about how to get active at our leisure centres in Devon then please get in touch by emailing [Clare.Bill@fusion-lifestyle.com](mailto:Clare.Bill@fusion-lifestyle.com).

