



NUTRITION

Newsletter



WHY IS HEALTHY EATING IMPORTANT?

Eating a healthy balanced diet is important to maintaining good health. This means eating a wide variety of foods in the 'right proportions' to maintain a healthy body weight. The NHS Eatwell Guide is based around the 5 food groups: carbohydrates, protein, dairy, fruit and vegetables and fats and sugars. It advises how much of what we eat should come from each food group to achieve a healthy, balanced diet. You can find out more about the Eatwell guide [here](#)



Encouraging healthy eating habits

Be a role model Children tend to imitate, if they see you eating a wide range of healthy foods, they are more likely to try a variety of foods.

Eating as a family also helps to encourage healthy habits.

Healthy snacks Have healthy snacks available between meals, such as fruit, vegetable sticks or rice cakes.

Change4Life have lots of healthy snack ideas.

Get children involved. Research has shown that allowing children to get involved with food preparation and cooking encourages them to eat a wider variety of healthy meals.



Click the image to find some delicious and healthy family meals to make together!

Stay hydrated

Children aged 4-13 should aim to drink between 6-8 glasses of water every day. Water helps to keep joints healthy, is great for teeth and helps circulate blood flow.

Staying hydrated helps with concentration and focus. Not drinking enough water can result in dehydration. This can cause dry mouth, headaches, tiredness and dizziness.

Source: NHS



The NHS offers tips and advice around water, drinks and hydration, click the image to find out more.

What is an eating Disorder?

An eating disorder is described as a mental health condition where you use the control of food to cope with feelings and other situations.

Unhealthy eating behaviours may include eating too much or too little or worrying about your weight or body shape.

Anyone can develop an eating disorder, the most common being;

Anorexia nervosa (often called anorexia) – trying to control your weight by not eating enough food, exercising too much, or doing both

Bulimia – losing control over how much you eat and then taking drastic action to not put on weight, such as making yourself sick or taking laxatives.

Binge eating disorder (BED) – eating large portions of food until you feel uncomfortably full

Other specified feeding or eating disorder (OSFED) Find out more on the Beat website [here](#)

Avoidant/restrictive food intake disorder (ARFID) ARFID is when someone avoids certain foods, limits how much they eat or does both. People suffering with ARFID can struggle with the smells, taste or texture of certain foods. They might have a lack of interest in eating or worry about choking or being sick after eating certain foods.

Source: NHS

Find support

The following organisations have lots of advice and support. Click the images to head straight there.

Beat
Eating disorders

NHS

YOUNGMINDS
fighting for young people's mental health

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

mind



January is a great time to try a new sport or activity! Joining a team or trying out a new physical activity gives children the opportunity to meet new friends, develop their confidence, learn how to play by the rules, stay focused, be consistent, and work hard towards their goals. It also gives them a taste of competition and teaches them that there's always room for improvement.

Click the logos to find Clubs, Groups & Activities in your area!

Active Blaby



Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people



LET'S GET SOCIAL!

South Leicestershire Community Board

The Joy App has a host of activities and support within your local community.
Find out more here.

joy

Click for info!

Do you need help now?

24/7 support is available over the phone.

CALL NHS 111

SELECTING 2 FOR MENTAL HEALTH

This number is open 24 hours a day and is totally free and confident.

TIPS FOR YOUR

WINTER Wellbeing

WALKING IN A WINTER WONDERLAND

Spending time outdoors in the winter is important for your mental health. Walking can reduce your stress and anxiety and instantly boost your mood. Increase exercise such as a 30 minute walk can increase your energy levels and improve sleep. Find lots of tips and ideas to make walking more fun this winter, with our 'Step up your game' guide [HERE](#). Have around your local area. Can you find them all?
Christmas Seasonal Fun.

SILENT NIGHT

Whatever the time of year, a good night's sleep is crucial for us all. It allows your body and mind to recharge, leaving you refreshed and alert when you wake up. A balanced diet, keeping physically active and ensuring a consistent bedtime routine can help you get a good night's sleep. Find tips and information on all things sleep including how many hours your child needs each night [HERE](#).

SPARK JOY

The Christmas period and the cold, dark winter months can feel overwhelming at times. It's important to make time for the things you enjoy. Whether that's a hobby, listening to music, cooking or getting lost in a good book. Finding things that you enjoy helps to relax and unwind during busy and often stressful periods.

EAT THE RAINBOW

A healthy, nutritious diet provides the body with the energy and vitamins that it needs to function well and fight off viruses. As well as this, eating well helps to keep your body warm and can help to improve your mood. Eating a healthy, balanced diet is important to maintaining good health. This means eating a wide variety of foods, in the right proportions, to maintain a healthy body weight. The NHS Eatwell Guide has advice based on the 5 food groups. Find out more [HERE](#).

STAY CONNECTED

Staying connected with others is important for your wellbeing, especially during the winter months when it's easier to feel isolated and lonely. Spend time with loved ones and try and meet friends and family in person where possible. Reach out by phone or email to keep in touch with those who may not live locally. You could look at joining a new club or trying out a new activity such as a cooking or craft club.

Be kind to others

Helping others can make you feel good. You could volunteer, do something for a good cause or perform a small act of kindness.



Leicester, Leicestershire and Rutland



Follow our top tips to get the right NHS care, this winter and all year round

- Use NHS 111 when it's urgent
- Check out the urgent care services near you
- Use a pharmacy for minor illnesses
- Get support with your mental health and wellbeing at a neighbourhood mental health café
- Get in the know, before you need to know, visit: www.getintheknow.co.uk



Leicester, Leicestershire and Rutland

There are Neighbourhood Mental Health Cafés spread around Leicester, Leicestershire and Rutland, run by trained and supportive staff, who are there to listen and provide the practical support you may need when you need it most.

- A safe and relaxing space where you can be yourself and take part in gentle activities
- One-to-one support with a member of our team to explore ways to cope and how to manage your mental health
- Practical advice and information about other services that might be helpful to you for longer-term support

Click here to find your nearest Neighbourhood Mental Health Café.

South Wigston High School

SWHS GYM MEMBERSHIP

5-9PM WEEKDAYS
SAT 10-4PM
SUN 9-4PM

Contact Us
admin@celsports.co.uk
St Thomas Rd, South Wigston, Leicester, LE18 4TA

£2 PER SESSION
£15 A MONTH

Find local support services in your area this winter here