

Top tips for
healthy living

LOWESTOFT HEALTHY HABITS

My name is

Complete the challenges to get a
healthy habit certificate!



East Suffolk
Community
Partnerships

Bringing ideas to life

Lowestoft
& northern
parishes




10 TOP TIPS FOR HEALTHY LIVING

1 Drink lots of water


Did you know?  Over half of our body is made from water. This means we need to keep it hydrated.

2 Eat your five a day

Did you know?  Potatoes don't count in your 5 a day but sweet potatoes do!

3 Have a balanced diet

More information on page 7



4 Stay Active

Did you know?  Ages 6-17 years old need an average of an hour of exercise a day.


5 Make sure you get lots of sleep!

Are you getting enough sleep?  Children aged 7-12 years old need 10-11 hours of sleep day.

Why couldn't the pancake sleep?

A: He kept tossing and turning

6 Have a good posture



7 Brush your teeth last thing at night and one other time of day.

Did you know? **Why did the mobile phone go to the dentist?**

A: It was having trouble with its Bluetooth

The first toothbrush was made of tree twigs! People would chew on the ends of twigs to spread out the fibres.




Scan this QR code to find out more information on oral health

My **NEW** healthy habit is

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8 Have some YOU time.

Sometimes it's good to have some time to yourself.

9 Smile and laugh. 







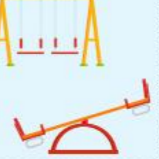






Did you know? Children laugh around 300-500 times a day! That's a lot!

10 Spend time with your friends!

ACTIVITY BINGO!

Can you complete all the tasks below within one month?

Make sure you tick them off as you complete the tasks.

Do 30 jumping jacks 	Have a running race with a friend READY SET GO	Read the lyrics to your favourite song	Go outside for 30 minutes every day in a week	Eat an apple and banana 	Drink only water for one day 	Build a fort/den in your home
Read for 10 minutes before bed 	Go on a walk 	Explain to someone what a book you have read was about	Create a snack that uses apples 	Go to a park 	Do 10 press-ups 	Eat 5 fruits and vegetables within a day
Read 5 road signs 	Read to a friend or family member	Learn a new skill (like how to do a handstand or cartwheel)	Drink 6 glasses of water in a day 1 2 3 4 5 6	Read something non-fiction 	Go outside when it's raining 	Dance to your favourite song 
Start reading a new book or audio book	Create a healthy meal using a recipe	Read a letter that comes in the post	Play a game that involves a ball 	Squat for 2 minutes whilst brushing your teeth	Have at least 10 hours sleep ZZZZZ	Sign up for a Suffolk libraries card



LET'S GET WALKING!



Walking is an excellent form of exercise that doesn't cost anything!

FUN FACT! Australians walk the most, taking an average of 9695 steps each day. We can beat that! Let's get walking!

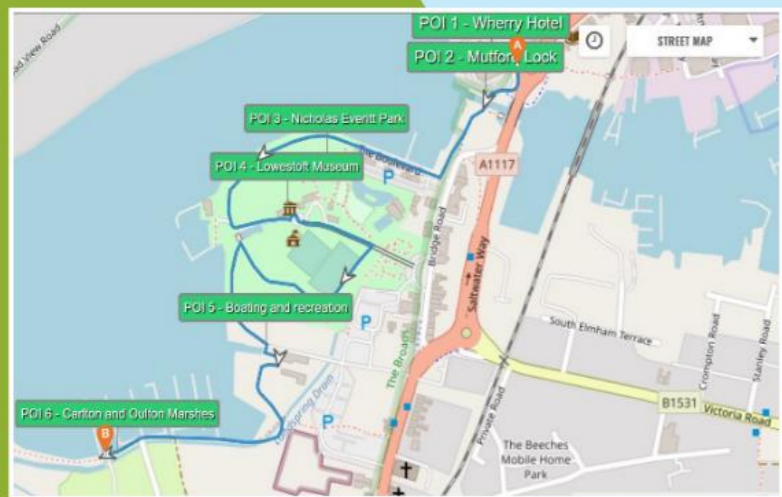
THE LOWESTOFT MILE

The Lowestoft Mile project aims to get people in and around Lowestoft active. They have highlighted 5 simple 1 mile walks you can carry out in the Lowestoft area. Check out the Lowestoft Mile website at www.thelowestoftmile.co.uk for more information on the walks, including maps and videos of each walk.



TOP 5 WALKING ROUTES IN LOWESTOFT, SUFFOLK

- 1 NICHOLAS EVERITT PARK AND OULTON BROAD WALK
- 2 LOWESTOFT LIGHTHOUSE TO NESS POINT PARK
- 3 LOUND HEATH CIRCULAR WALK
- 4 CLAREMONT PIER AND KENSINGTON GARDENS WALK
- 5 LOWESTOFT AND OULTON BROAD



SCAN ME



THE WALKING ROUTE I'M GOING TO TRY IS



Nature Scavenger Hunt

- Find something that feels soft to touch
- Find something that is beautiful
- Find an insect
- Find a signpost with words on
- Find something prickly
- Find something yellow
- Find something that can be used to build with
- Find something that contains your favourite colour
- Find a signpost with numbers on it
- Find something that has one syllable

LOWESTOFT STORY TRAILS

Taking reading outdoors into green spaces is a brilliant way to get active and support literacy development.



CARLTON MARSHES TRAIL

Families can visit Carlton Marshes for free and take part in the story trail, alongside other activities themed around nature and wildlife. The trail doesn't require picking anything up - each part of the story is displayed on signs around the reserve.

KENSINGTON PARK TRAIL

On your phone or device: simply scan the six QR codes found around the park, starting at Bee Corner, to follow the story. Or, pick up a copy of the booklet at Garden Tearooms. The booklet includes activities you can do while you walk or when you get home.



THE STORY TRAIL THAT SOUNDS MOST INTERESTING IS

ACTIVE SUFFOLK

Our aim is to develop the provision of sport and physical activity in Suffolk. For more information about Active Suffolk and the brilliant work they are doing, please scan these QR codes to be directed to their homepage and social media outlets.

VISIT THE BELOW FOR MORE INFORMATION

info@activesuffolk.org
01394 444605

DESIGN YOUR DREAM TRAINERS

We often wear trainers whilst we're exercising.



THE FUN EXERCISE ACTIVITY I'M GOING TO TRY IS

FUN WAYS TO EXERCISE:

Jumping jacks

FUN FACT! The most jumping jacks in 30 seconds is 76 and was achieved by Rishiwar Pariyar in Nepal in 2023. Do you think you can beat him?

Time yourself and see how many star jumps you can do.

Put your favourite songs on and get dancing!

Grab a skipping rope and get jumping!

Did you know? The longest marathon skipping is 33 hours and 20 minutes. Think you could keep it up that long?

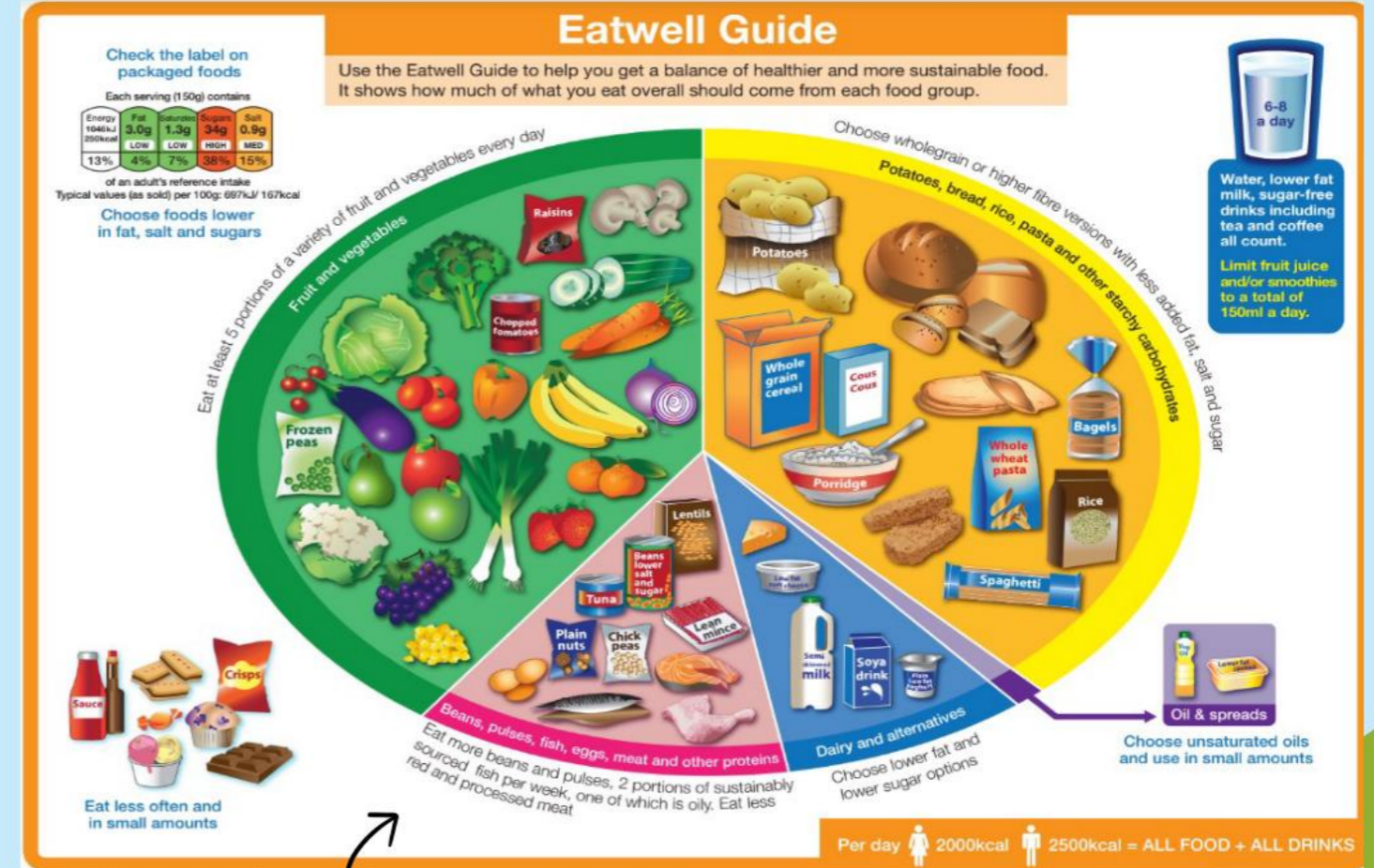
WHAT WOULD YOUR DREAM TRAINERS LOOK LIKE?

Consider the following:

- What colours will your trainers include?
- Will they have a pattern?
- Will there be any text?



BENEFITS OF HEALTHY EATING



Use the Eatwell Guide to help you achieve a balanced diet.

HEALTHY FOOD QUIZ

- True or false? Half a can of baked beans has more fibre than an apple
- Which nutrient is the most filling?
a) Fat b) Carbohydrate c) Protein
- Which of the following foods do NOT count towards your five a day?
a) frozen vegetables b) chips c) tinned fruit d) chickpeas

4. Which of the following count as "oily" fish?
a) trout b) haddock c) salmon d) cod e) sardines f) mackerel

FUN FACT "oily fish" is very good for you!

5. Your fruit and vegetable intake must come from fresh fruit and vegetables only- true or false.

6. Walking and some household chores such as tidying your room count as physical activity- true or false.

MY NEW HEALTHY HABIT IS

Brain teaser:
It looks green, it opens red.
What you eat is red, but what you spit out is black.

What is it?

1. True - half a 420g can of baked beans 10g of fibre, four times that of an apple.
2. Protein. Research shows that people who follow higher protein diets experience less hunger.
3. They all count towards your five - a day apart from chips.
4. Salmon, sardines, mackerel and trout are all examples of oily fish.
5. False - your fruit and vegetable intake can be made up of dried frozen or tinned fruit and vegetable.
6. True.
Brain Teaser - A watermelon

ALL ABOUT ME...



My favourite food is...

A food I don't like is...

My favourite form of exercise is...

My favourite meal is...

My favourite fruit is...

My favourite vegetable is...

JUST TO MAKE YOU LAUGH

What do you call a band of berries practicing music?

A: A jam session

What did the vegetable say to its love?

A: I love you from my head to-ma-toes

What cheese is not yours?

A: Nacho cheese

What do you call a cow in an earthquake?

A: A milkshake

Why did the vegetable call the plumber?

A: It had a leak



PULSATE!

ENJOY THE DEMONSTRATION  TASTE THE DISHES

IT'S COOKING TIME!

Mexican Chilli

Ingredients

- 2 onions • 2 cloves garlic • 2 sticks celery • 2 peppers • can of sweetcorn
- can tomatoes • 3 tablespoons olive oil • red kidney beans in chilli sauce
- Spice mix: smoked paprika, cumin and chilli powder, add salt, pepper and if you feel spicy, maybe some whole chillies and ginger!

Method:

1. Chop all vegetables
 2. Fry garlic and onion in oil and add the herb and spice mix
 3. Add the chopped vegetables, fry lightly until softened
 4. Add the base sauce (tomato, water if needed etc.)
 5. Add the can of beans and cook together for a final five to ten minutes depending upon heat
 6. Season with salt and pepper if needed
- Enjoy with carbohydrate like potato, rice, pasta, bread/toast



Lowestoft time bank
Together we are stronger

LOWESTOFT RISING
Making Lowestoft a better place in which to grow up, live, work, visit and invest

Lentil Bolognese

Ingredients

- 3 tbsp olive oil • 2 onions, finely chopped • 3 celery sticks, finely chopped
- 3 carrots, finely chopped • 3 garlic cloves, crushed • 500g bag dried lentils
- 1Ltr of stock • 2 x 400g tin chopped tomatoes • 2tbsp tomato puree
- 2tsp each dried oregano and thyme • 3 bay leaves • 500g spaghetti
- Cheese, grated, to serve

Method:

1. Heat oil in a saucepan and add the onion, celery, carrots, garlic and tomato puree and gently cook for 15-20 minutes.
 2. Stir in well rinsed lentils, tinned tomatoes, stock and herbs
 3. Add the tinned tomatoes, 450ml of stock and bring to the boil. Cover with a lid, turn down the heat to medium-low and leave to simmer for 45 minutes, stirring occasionally.
 4. Remove the lid and cook for another 10-15 minutes, or until the liquid has reduced.
 5. In another pan, cook the spaghetti.
- Once cooked, stir in the Bolognese sauce and enjoy!



FUN FACT
The largest ever serving of spaghetti filled a swimming pool!



HEALTHIER DRINKS

A quarter of the sugar you have everyday may come from what you drink!
 Can you cut back on the sugar you have by making these easy swaps?
 Don't forget to keep juice drinks to meal times only to reduce tooth decay.

DRINK SWAPS

SWAP FROM

- Cola and other fizzy drinks



- Milkshakes



- Juice drink



- Whole milk



SWAP TO

- Water
- Sugar-free drinks
- No-added sugar drinks
- Lower-fat milks

**TRY THIS
 SUGAR
 CALCULATOR!**



ARE YOU THIRSTY?

You need to drink plenty of fluids to stop you getting dehydrated.

The government recommends drinking 5 to 6 glasses of water every day.



TOP TIP
 Try to avoid sugary soft and fizzy drinks.

FUN FACT!

Your blood is made up of more than 90 percent water.

My **NEW** healthy habit is

MY FAVOURITE FAMILY RECIPE

Name of dish:

Ingredients:

Method:



CAN YOU FIND ALL THE INGREDIENTS MENTIONED IN THESE RECIPES?

R	M	D	I	O	S	E	E	D	S
F	A	C	E	L	E	R	Y	R	T
E	L	S	F	G	O	A	T	S	S
R	T	R	G	E	G	N	P	L	S
I	E	P	H	H	O	S	I	A	H
P	E	P	P	E	R	S	T	O	O
U	S	W	E	E	T	C	O	R	N
C	A	R	R	O	T	S	B	C	E
Y	W	R	A	I	S	I	N	S	Y



Can you find?

- Onion
- Celery
- Peppers
- Sweetcorn
- Oats
- Honey
- Raisins
- Eggs
- Carrots
- Seeds

CHALLENGE

Which ingredients count as one of your five a day?

READING IS IMPORTANT

We are told all the time that reading is important, but it's much better when you can choose the story you want to read!

HOW TO CHOOSE A GOOD BOOK

1. **LOOK!** Browse the bookshelves - it's a great idea to have a good look at the books.
2. Check out the **COVER!** Does it look interesting? What is the title? Who is the author? Is it like books you've tried before?
3. **READ** the blurb! The blurb is the short paragraph on the back of the cover and tells you something about the story. What does the blurb tell you? Does it make you want to read the book?
4. Think about the **GENRE** This is the type of story found in the book. This could be comedy, adventure or fantasy! What other kinds of stories have you enjoyed?
5. **TRY** it out Read a few pages of the book. Do you want to know what happens next? It's fine to put it back if it doesn't feel right.
6. **ASK** ...the school librarian, teachers, parents or carers and your friends to recommend a book!

Reading can help you relax, boost your mood and escape elsewhere - and it doesn't have to be a book. It could be the post-match analysis of Saturday's football game, an interview with your favourite actor, superhero comic books, or even recipes.

Try reading for 10 minutes today and see how it makes you feel.

Books can help you escape to magical kingdoms,
amazing climates or even outer space!
Where's the best place you've read about in a book?



SLEEP BETTER BE BETTER



WHY DO I ALWAYS WAKE UP FEELING TIRED?

When we are thinking about looking after our mental health, one thing a lot of us overlook is SLEEP. When we are younger, we need about 10-12 hours of sleep each night. If we are waking up feeling tired, it may be that, although we are getting enough hours, we are often not getting the right kind of sleep. When we feel relaxed and calm, we are more likely to enter deep sleep. When we have had time to process our thoughts from the day by having time and space to reflect, we leave less for our brains to do through dreaming and so we are less likely to wake up feeling tired.

HOW CAN SLEEP AFFECT MY MENTAL HEALTH?

When we feel tired, we can find it harder to cope with challenging situations. This can mean we are more likely to feel worried, anxious, cross or frustrated, which may make it harder to focus at school, affect relationships with friends and family, and even stop us enjoying our favourite hobbies. Just changing one thing can make bigger changes to the way we feel and the kind of sleep we have.

DO I STILL NEED A BEDTIME ROUTINE?

YES! Even adults do. Having a calm bedtime environment, and a predictable routine can encourage your body to expect sleep. Have a look at our handy checklist for some ideas and suggestions and try and check some of these off before you go to sleep.

PARENTS AND CARERS! SCAN HERE FOR EXTRA INFO FROM SUFFOLK MIND.



SLEEP CHECKLIST

Put a sticker, stamp or tick in the circles when you have completed a task.

Read something to help you feel calm.
TIP: A book, magazine or comic

Stretch and relax before bed.
TIP: Make this part of your bedtime routine

Make your environment right for sleep.
TIP: A cool room, less noise and low lights

Move your body during the day.
TIP: This helps you get a better night's sleep

Use your breath to help you feel calm. Breathe in, hold it, breathe out for longer.
TIP: This helps to relax your body

Make your space to sleep comfortable and relaxing
TIP: Get a favourite teddy or pillow

Have foods and drinks that nourish your body.
TIP: Water, fruit and vegetables and less sugar

Have a break from screens before sleep to help your brain relax.
TIP: Have a bath or shower before bed

Do something you enjoy that calms you.
TIP: Journaling, listening to music or looking after a pet

My **NEW** healthy habit is



READING IN WEIRD PLACES

Where do you like to read? One of the best things about reading is that you can read anywhere. It's time to get creative and have a go reading in an unusual or strange location. Have a look at some of our examples.

CHALLENGE TIME

Take a photo of yourself reading in the most unusual or creative place you can! Then share these with us on any social media platform with the hashtag #suffolkreading



A couple more photos to follow



SONG OR POETRY QUIZ

How well do you know your music? Can you work out whether the following questions are lines from a poem or a song? See how many you can get right!

1

I found my heart and broke it here
Made friends and lost them through the years
And I've not seen the roaring fields in so long
I know I've grown
But I can't wait to go home

11

2

I can buy myself flowers
Write my name in the sand
Talk to myself for hours
Say things you don't understand

11

3

We shared every tear
And felt each other's fear.

11

4

When everything gets in the way
Seems you cannot be replaced
And I'm the one who will stay

11

5

So that the world believed
There was a soul the motions kept;
But they were all deceived

11

Do you think songs and poetry are similar?

More support and advice

Citizens Advice East Suffolk:

Citizens Advice can provide advice and support on a wide range of topics including housing, benefits, debt and money, work and more. For more information you can go to their website: <https://citizensadviceeastsoffolk.org.uk/> or call them on **0808 278 7866 (Monday to Friday, 10am to 2pm)**

The National Literacy Trust in Suffolk

Find out more information about the work of the National Literacy Trust in Suffolk on their website at <https://literacytrust.org.uk/suffolk> or on Facebook at @SuffolkLiteracyTrust.

Suffolk InfoLink:

Find information about support and organisations in your local area. You can also find up to date information on help and support with the Cost of Living Crisis. For more information you can visit their website: <https://infolink.suffolk.gov.uk/>

5 Ways to Wellbeing:

There are lots of easy, and simple things that we know can help us to look after our mental wellbeing, such as, eating well, getting enough sleep, doing activities that help us to relax and reduce stress in our lives. The 5 ways to wellbeing sums up what other things we can do every day to keep ourselves feeling emotionally well. Watch the video below which explains about the '5 ways to wellbeing'.

Watch the
5 ways to
wellbeing
film here



Suffolk Libraries:

Lowestoft Library offers a wide selection of books on every subject you can think of, dedicated SEND time in the junior library, Lego club and holiday activities, space to hang out, and friendly, knowledgeable staff to answer all your questions. <https://www.suffolklibraries.co.uk/visit/locations-and-times/lowestoft-library>

Wellbeing Suffolk:

The Wellbeing service offers support and workshops to help with Mental Health. Their services are provided for free and people over the age of 16 years. For more information and how to get referred / refer yourself, go to their website: <https://www.wellbeingnands.co.uk/>

Suffolk MIND

Suffolk Mind is an independent mental health charity and our mission is to make Suffolk the best place in the world to talk about and take care of mental health. To achieve our mission, Suffolk Mind delivers a variety of services and training to support people living in Suffolk. Find out more about Suffolk Mind by visiting suffolkmind.org.uk or by calling 0300 111 6000.

Heron NHS:

Provides a searchable source of self-help groups, statutory and voluntary agencies covering the whole of Norfolk and Waveney. For more information you can visit their website: <https://www.heron.nhs.uk/Default.aspx>

East Suffolk Council – Customer Services:

The Marina, Lowestoft, Suffolk, NR32 1HH Provides advice on benefits and housing. You can contact them by emailing customerservices@eastsoffolk.gov.uk or calling 0333 016 2000.

Ease the squeeze

<https://www.eastsoffolk.gov.uk/community/squeeze/> East Suffolk Council Ease the Squeeze information (page 16) also part of Ease the Squeeze is helpwithmoney@eastsoffolk.gov.uk In addition, check Ease the Squeeze page for information on other benefits, uniform bank, winter warm packs and much more!

Food Support

kirkleypantry@gmail.com

<https://lowestoft.foodbank.org.uk/>

info@salvationarmy.org.uk

Food in School Holidays (FISH)

lporter@lcc-lowestoft.co.uk

Beresford Road Pantry 01502 500410

St Lukes Pantry 01502538122

Community Fridge St Andrews

Church 01502 530511

Warm homes healthy people

Suffolk's Warm Homes Healthy People project helps vulnerable people and families make their homes warmer and cheaper to heat <https://www.suffolk.gov.uk/community-and-safety/communities/healthier/warm-homes-healthy-people>

Help to lose weight – Live Well Suffolk

Live Well Suffolk

<https://www.livewellsuffolk.org.uk>