An easy guide to choosing good health
## Contents

<table>
<thead>
<tr>
<th>Topic</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>1 and 2</td>
</tr>
<tr>
<td>Exercise</td>
<td>3 and 4</td>
</tr>
<tr>
<td>Healthy eating</td>
<td>5 and 6</td>
</tr>
<tr>
<td>Alcohol</td>
<td>7</td>
</tr>
<tr>
<td>Sexual health</td>
<td>8</td>
</tr>
<tr>
<td>Medicine</td>
<td>9</td>
</tr>
<tr>
<td>Smoking</td>
<td>9</td>
</tr>
<tr>
<td>Mental health</td>
<td>10</td>
</tr>
<tr>
<td>Healthy teeth</td>
<td>11</td>
</tr>
<tr>
<td>Sleep</td>
<td>12</td>
</tr>
<tr>
<td>Healthy eyes /ears</td>
<td>13</td>
</tr>
<tr>
<td>Find a doctor</td>
<td>13</td>
</tr>
<tr>
<td>Useful contacts</td>
<td>14</td>
</tr>
</tbody>
</table>

For more information about this booklet or services please contact the Windsor, Ascot & Maidenhead Community Team for People with Learning Disabilities (CTPLD), Berkshire East PCT. Tel: 01628 670117 email: ctpld@rbwm.gov.uk
Think about your health

It is important to look after your body and your mind . . .

. . . this booklet will help
Your body

You can do a lot to keep your body healthy

- Eat well
- Take exercise
- Learn to relax
- Look after your teeth and eyes
- Stop smoking
- Keep your mind active
Exercise

- Exercise is good for you. . .

  . . . and should be fun!

- Take a friend or join a club
- Exercise keeps your heart healthy . . .
- . . . and improves your mood
- This will help if you are sad or angry
- Try and do some exercise each day
Healthy eating

- Eat lots of **fresh** fruit and vegetables
- Try some oily fish
- Avoid sugar
- Avoid salt
- Reduce fats
Try more salad . . .

. . . and pasta

- Drink lots of water
- Brown bread is better
Alcohol

- A couple of drinks should not cause problems
- Too much drinking is not good for you
- For help, see your doctor
Sexual health

Remember
- Always use a condom
- You can say ‘no’ to sex
- For help and advice see your doctor
**Medicine**

Always take your medicine as told to do. Your doctor or pharmacist can help.

**Smoking**

- Don’t start.
- To help give up call 0845 6024218

- Stopping smoking keeps your heart and lungs healthy
Mental health

- A healthy mind is important for your well-being

- Feeling sad or angry for a long time can be bad for your mental health

- If you feel like this, speak to your doctor
Healthy teeth

- Brush your teeth morning and night
  Use toothpaste

- Visit your dentist regularly

- To find an NHS dentist
  PALS can help
  phone 01753 636112
**Sleep**

- A good sleep will help your body and your mind

- Eating well and taking exercise will help you sleep . . .

. . . so will a regular bedtime
Healthy eyes, ears, and feet

- For any problems with sight or hearing
- Look after your feet and skin

Call your local Doctor or PALS service

To register with a doctor

Call PALS on 01753 636112
Useful contacts:

**NHS Direct**  
Advice From Nurses  
0845 46 47

**Learning Disability Helpline**  
(Mencap)  
0800 808 11 11

**Patient Advice and Liaison Service (PALS)**  
Local Health Advice  
01753 636112  
email: pals.berkseast@berkshire.nhs.uk

**The Royal Borough of Windsor and Maidenhead**  
Customer Service Centre  
01628 798888

**Berkshire East Primary Care Trust**  
01753 860441

**Windsor, Ascot & Maidenhead**  
CTPLD 01628 670117

*Call PALS for different formats*

Published by: CTPLD, Berkshire East PCT, 3 Abell Gardens, Maidenhead, SL6 6PS 01628 670117  
©All rights reserved. Simply Health, West Kent Primary Care Trust