This Is Your Life
Ten tips for a healthier, happier you!

1. You are what you what you eat.
A good diet will mean you look better and feel better. You will have a clearer skin, healthier hair and stronger nails. Healthy eating can also help you control when you go for a poo! Also, you will be less likely to be overweight. If you use a wheelchair and are overweight, losing a few pounds could also help reduce pressure sores.

So eat MORE fruit, veg, wholemeal bread, pasta, rice and lower sugar breakfast cereals such as Shredded Wheat and Weetabix.

Eat LESS fatty, greasy, sugary foods – go for meat with less fat on it, chicken and fish. Bread, scones and fruit buns are better for you than biscuits and sweets.

2. Drink more water, fruit juice and milk (but make sure it is skimmed or semi-skimmed milk as this has less fat in it). If you have problems with your bladder, then it’s extra important to have lots of drinks to help prevent infection. Don’t be tempted to drink less. It may help to drink cranberry juice, which you can buy in supermarkets.

3. Don’t drink too much alcohol. If you drink too much beer, wine or spirits, it can interfere with the control of your bladder. You don’t need to feel left out when you go out with friends – if you are under 18, you can order non-alcohol lager or wine. Legally, you can’t drink alcohol in pubs until you’re 18.

4. Don’t just sit there. Find a sport or activity which you enjoy and which you can easily take part in. Anything which makes you active on a regular basis will do - it could be a team game or a swimming class, etc.

5. Get together. If there is no easily accessible club or class nearby, you can still exercise. Learn some exercises you can do at home and make them part of your daily routine. Ask mum, dad, sisters/brothers to do the exercises with you. Doing the exercises together helps you to keep at it.

6. Making friends. Good health means looking after your mind and body. Making friends and having interests outside school should lead to a happier, healthier you. So find out about youth clubs, hobby or interest groups in your area where you can meet other people and have some fun. A lot of these groups should be available in your local public library.

7. Keep clean. Daily bathing, brushing your teeth twice a day, wearing clean
Useful phone numbers

ChildLine, 0800-1111, a free 24-hour confidential telephone helpline counselling service for children or young people with any problem.

Drinkline, 01345-320202 11am-11pm. Confidential information, help and advice about drinking.

DIAL UK (Disablement Information and Advice Lines) is a confidential information service on all aspects of disablement. Call 01302-310123 for the number for your area.

Community Drug Project (CDP) offers help, advice and information to anyone concerned about drug use. Call 020-7703 0559 for details of your local centre.

Youth Clubs UK on 020-7242 4045 will give you details of youth clubs in your area.

PHAB runs 450 clubs throughout the country for people with or without disabilities. For details of your nearest PHAB club call 020-8667 9443.

BSAD (British Sports Association for the Disabled) organises sports events. Call 020-7490 4919.

The Samaritans. Local branch numbers are listed in local phone books.

8. Looking good. People with a disability can be as trendy as anyone else. Remember, if you’re not very tall, try shops like Etam or C&A, and petite ranges in many shops.

9. Take care with drugs. Medicines or drugs which your doctor prescribes especially for you are to help you. Never take illegal or street drugs like Ecstasy, Crack or cannabis.

10. Talk to someone. If you are worried, fed up or unhappy, it may help to talk to someone about your problems. Talk to someone you trust – your best friend, teacher, parents, youth leader or your doctor. If you don’t feel happy talking to them, ring a helpline.

clothes and making sure your wheelchair cushion is fresh and dry will keep germs away and make you nicer to be near.

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