



SOLUTION CAMPAIGN

BE THE HEALTHIEST ME I CAN BE

6 POINT DAILY CHECKLIST

HYDRATE

Consume adequate amounts of fluids per day

2.5 litres - <90kg Body weight

3.0 litres – 90-110kg Body Weight

3.5 litres - >110kg Body weight



SELF-CARE



DO something which you enjoy; talk to friends, a puzzle, take a bath or start a new home project.

DIET

Consume 2 fruit/vegetable portions from each colour set per day



Colour sets: RED, PURPLE/BLUE, GREEN, YELLOW/ORANGE

BE ACTIVE



Go for a short cycle, run, home workout/gym or walk the dog.

SLEEP

Aim for 8 hours per night



AVOID



Consuming alcohol, highly processed foods and becoming a couch potato!

FUELSTOP
PUT THE BEST IN TO GET THE BEST OUT



STAY AT HOME

PROTECT THE NHS

save lives