

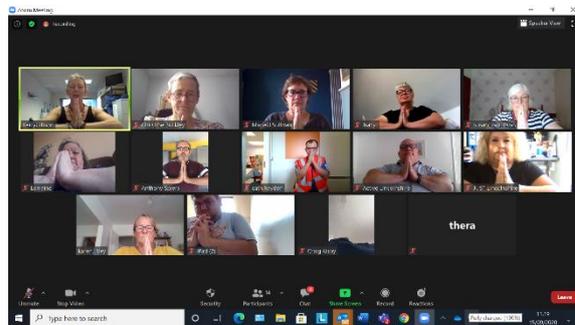


**Lincolnshire Learning Disability Partnership**  
**Voices For All Meeting**  
**on Zoom Tuesday 15<sup>th</sup> September 2020**

14 people joined the meeting from different organisations:



We began by doing some sit-down yoga



The theme for the meeting was **“Keeping Fit and Healthy”**

We thought about 3 main ways we can all keep fit and healthy.



Exercise



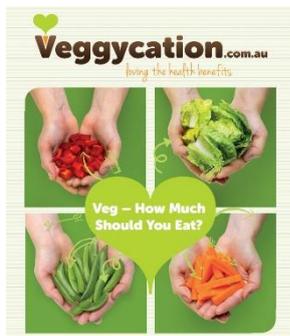
Healthy eating



Mental wellbeing



## Healthy Eating



Doctors say that we should eat more fruit and vegetables.

They say we should have at least 5 portions of fruit and vegetables each day.

A portion of fruit or vegetables is about a handful.

Fruit and vegetables give us vitamins, minerals, and fibre. They can be fresh, frozen, dried, tinned and in juice.



You should try to eat "the rainbow" through the week by eating different colours of fruit and vegetables every day.



The Eat well plate shows us how to eat a balanced diet by having things from different food groups.

Eating a balanced diet is an important way to stay healthy, if you eat lots of different foods in the right amounts you will get all the nutrients you need to stay active and be strong.



Remember to drink lots of water! Water is good for your body. Instead of fizzy drinks, you can drink water and healthy drinks. Try water, low fat milk or low sugar squash.

## Mental wellbeing



Chris helped us to think about our mental wellbeing.

Feeling good in your mind is as important as feeling good in your body. If you feel good in your mind you will feel happy, and good about yourself, it will help you enjoy life.

We thought about the different ways we can look after our mental health. These include:

Keep in touch with family and friends, find time to relax, do things you enjoy, eat well and drink sensibly, be active and sleep well.

We all thought of things we would do to help us be active, eat healthily and look after our mental health. These included things like:



- Eat a rainbow
- Keep in touch with friends
- Eat less bread
- Go for a walk every day
- Take time for myself
- Dance more
- Listen to some new music
- Eat less snacks

