

# THE STAY UP LATE GUIDE TO



# BEING ACTIVE AND HEALTHY

**STAY UP  
LATE**

[www.stayuplate.org](http://www.stayuplate.org)



# The Positives

It is fun to go out with your friends and have a drink



Being Active is not just good for you physical health, it's also good for your mental health



Being active doesn't need to cost you any money



You can get outdoors and enjoy other things like looking at nature and meeting other people



It is also important to think about what we eat and make sure we have a healthy diet



# The Negatives



If you don't keep active it is easy to feel low and sad about yourself



Too much unhealthy food can be very bad for your health



Too much unhealthy food can lead to things like heart disease and cancer



You don't need to join a gym to be able to get active and healthy



Going for a walk is free!



# Find out more

For more information about being Active and Healthy visit:



Easy Health - [www.easyhealth.org.uk](http://www.easyhealth.org.uk)

NHS Choices - [www.nhs.uk](http://www.nhs.uk)

**Don't forget** you can always talk to your support worker if you need help and support around this.



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Stay Up Late is a registered charity (England and Wales no. 1145040)  
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