



**Down's Syndrome
Association**

A Registered Charity No. 1061474

Living the Way You Want Series



Staying Healthy

Easy Read

A Down's Syndrome Association Publication

About this leaflet



→ This leaflet is made by the Down's Syndrome Association.



→ It is in Easy Read.

Easy Read means easy words with pictures to help everyone understand.



→ We ask **Having a Voice** groups to help us make Easy Read information.



→ **Having a Voice** groups are groups of people with Down's syndrome. They help people have their say.



→ **Having a Voice** groups make sure the Easy Read information is easy to understand.



→ You can find out more about **Having a Voice** on the Down's Syndrome Association website.

What is in this leaflet?



→ This leaflet is about staying healthy.

What you can learn

You can learn about:



→ • healthy eating



→ • exercise



→ • where to find more information



→ There are lots of choices to make in your own home. You may have more freedom to choose what to eat every day.



→ When you visit a doctor show them your Health Book.



→ Making healthy choices can help you:

- feel good
- stay fit and well
- eat healthy meals you like



→ What are your favourite healthy foods?

Write or draw them here:

Healthy eating tips



→ Start a healthy meal plan. Your doctor or dietician can give you a healthy meal plan.



→ Eat a healthy breakfast.



→ Eat healthy snacks like fruit.



→ Plan healthy meals with your support staff before you go shopping.



→ Look up healthy recipes.



→ Check how much food you put on your plate. A dietician can tell you what the right amount is.



→ Talk to your doctor if you want to lose weight.

Being active



- It is a good idea to keep busy and active. Exercise can help you stay fit and well.

Quick tips for being active



- Have a plan for your day. Use a visual timetable to help you.



- Join a club or a group with a friend.



- Ask your support staff to help you find an activity you like.



- DSActive has football and tennis teams for people with Down's syndrome: www.dsactive.org



- We have Easy Read information about healthy eating and exercise on our website: www.downs-syndrome.org.uk

Thank you



→ Thank you for reading this leaflet!
We hope this leaflet has helped you.

Tell us what you think



→ We want to know what you think about this leaflet.

Email what you think to:
info@downs-syndrome.org.uk

Down's Syndrome Association



Down's Syndrome Association
A Registered Charity No. 1061474

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The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

Contact us

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www.dsactive.org



www.dsworkfit.org.uk



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LEARNING
DISABILITY**

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