DOWN'S SYNDROME ASSOCIATION

# Staying Healthy

## Easy Read

January 2026

Co-produced with people who have Down's syndrome



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 **Our Voice** members to help us make Easy Read Informtion.

**Co-produced with people who have Down's syndrome.**




Our Voice is a group of people who have Down's syndrome.

Our Voice works on projects, helps to guide our work and tells us what they think about the work we do.

Some members meet weekly and some work on projects in focus groups.



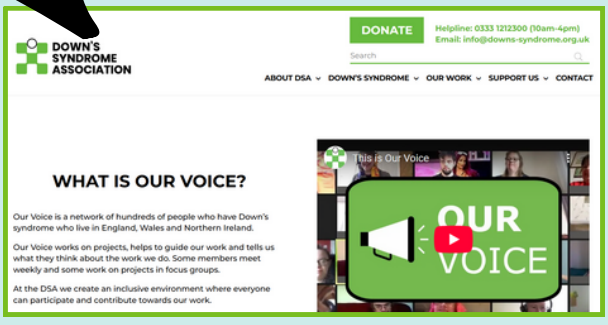

**Our Voice members** make sure that information is accessible and easy to understand.

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










**Co-produced with people who have Down's syndrome.**




## What is in this leaflet?

This leaflet is about staying healthy.

## What you can learn

You can learn about:



- healthy eating and food choices



- exercise



- where to find more information.



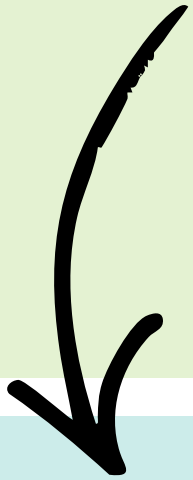
There are lots of choices you can make as an adult that will help you to be healthy.



Making healthy food choices can help you:

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

## What are your favourite healthy foods?



Here you could make a list of your favourite healthy foods and find pictures in magazines or on the internet.

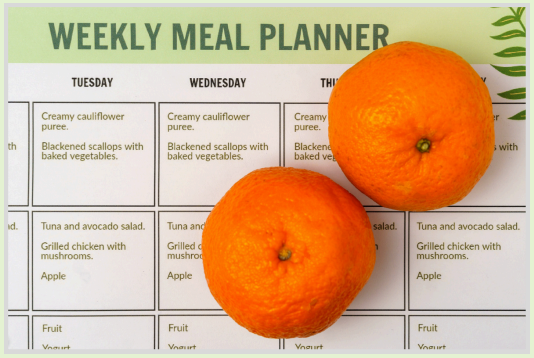
# Healthy Eating Tips



Think about what you eat.



Are you eating lots of healthy food?




A good idea is to start a healthy meal plan.

You can ask for help to start a healthy meal plan.



Start the day well and eat a healthy breakfast.



Eat healthy snacks like fruit.



Look for healthy recipes in magazines or online.




Plan healthy meals before you go food shopping.







You can ask for help with this.



At meal times look at how much food you put on your plate.

You might have more food than you need.

You can ask for help to find out the correct amount of food you should eat.



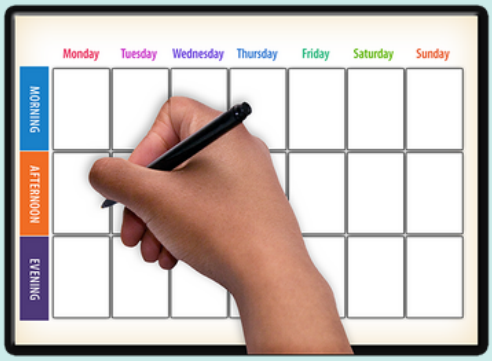
Talk to your doctor if you want to lose weight. The doctor will be able to help and support you.

# Being Active



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

## Quick Tips for Being Active




Use a planner or a visual timetable to help you understand how active you are each day.



Join a club or a group. This can be in person or an online group like DSA DSEngage activity sessions.



Think about what physical activities you enjoy.



It might be an activity like dancing, or gardening or a sport.



You can ask for help to find an activity you like.




We have Easy Read information about healthy eating and exercise on our website.

# 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**

**Co-produced with DSA Our Voice.**
Our Voice is a team of people who have Down's syndrome.

# CONTACT US

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