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Get active. Getting – and staying – active can reduce your risk of developing heart disease. It can also be a great mood booster and stress buster. Do 150 minutes of moderate-intensity aerobic activity every week. One way to achieve this target is by doing 30 minutes of activity on 5 days a week. Fit it in where you can, such as by cycling ...

Healthy body - NHS

There are lots of things you can do to stay healthy. You need to eat healthy foods and drink plenty of water. You also need to do lots of exercise and get enough sleep. You need to keep yourself ...

What do humans need to stay healthy? - BBC Bitesize

A fit note must be signed by a doctor, but you do not always need to see a GP in person to get one. It depends on: why you're off work sick; whether a GP needs to assess you face to face; if you have been in hospital "Fit note" is the informal name for a Statement of Fitness for Work. Find out more about when you need a fit note.

Can I get a fit note without seeing a GP? - NHS

Programmes, workouts and tips to get you moving and improve your fitness and wellbeing. Sleep and tiredness. Find out how to sleep well and the common lifestyle factors that are making you tired. Eat well. All you need to know about the major food groups and a healthy, balanced diet.

Live Well - NHS

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If you work a 12 hour or night shift, this guide is going to be a game-changer. Working weird hours provides a challenge for those looking to get in shape, so I'll provide a step-by-plan to help you reach your fitness goals. Because I'm nice like that.

Stay Fit on a 12 Hour or Night Shift (Workouts and Meal ...

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