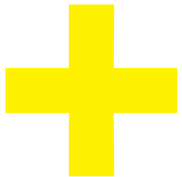


Food
Living Well
Exercise
Happy
5 a day
Nutrition
Relax
Sleep



Living well with HIV

When you are HIV positive it is important to take the best care of yourself that you can. A very good way to stay healthy is to eat a balanced diet, but it is important to look after yourself in other ways too.

Living well

There are lots of different ways to look after yourself. Getting enough sleep, relaxing, taking some exercise, as well as eating a balanced diet will all help. Once you know that you are living with HIV, it becomes even more important to look after yourself as well as you can.

Looking after yourself can be fun! Often small changes to things we do every day can have a big impact, such as eating better, or going for a 30 minute walk every day.

Food / nutrition You need to eat well. If you are not sure what is the best diet, ask at the hospital. Ask if there is a nutritionist who you can see. Cutting down on fatty food, eating 5 portions of fruit or vegetables a day, and using less salt in your diet will all help you stay healthy.

Exercise Everyone should do some kind of physical activity 5 times a week for 30 minutes. This can be walking, gardening, dancing, swimming, housework, or lots of other things. If you do not usually do any exercise, you need to start with a little and then build up to this target.

Being overweight is not good for your health either. Both a good diet and regular exercise can help you to lose weight gradually and healthily.

Useful websites

www.keepfit.org.uk

www.mentalhealth.org.uk

www.bbc.co.uk/health

www.foodchain.org.uk

Contact **George House Trust 0161 274 4499**

www.ght.org.uk

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george house trust

still life with HIV



Reg. Charity 700365

AfricanAIDShelpline
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