

Web links for healthy lifestyles

NHS:

NHS Live Well website; advice, tips and tools to help make the best choices about health and wellbeing.

<https://www.nhs.uk/live-well/>

British Red Cross:

Tips, advice and ideas on having a healthy lifestyle.

<https://www.redcross.org.uk/get-help/coronavirus/what-is-a-healthy-lifestyle##>

BBC Bitesize:

Key Stage 3 information on what a healthy lifestyle is.

<https://www.bbc.co.uk/bitesize/topics/zhvbt39/articles/zmjkhbk>

BBC Bitesize:

'Healthy Body, Healthy Mind' article.

<https://www.bbc.co.uk/bitesize/articles/zk6hqp3>

European Food Information Council:

10 healthy lifestyle tips.

<https://www.eufic.org/en/healthy-living/article/10-healthy-lifestyle-tips-for-adults>