

# M & M Group Lifestyle Checklist



Tick the boxes

## Eat Well

We like pizza, but we like salad too!



## Keep active

Walk as much as you can.  
"Listen to your iPod"



## Have a hobby

Keep your mind busy!

Try puzzles, colouring, crosswords and word searches.



## Have some "me time"

We like time on our games consoles, listening to music.



Make sure you get enough sleep.



## Laugh

Try watching comedy sketches on YouTube.



If you're not feeling too good talk to your family and friends and go to see your GP sooner rather than later.



Be pleased with who you are.



