

HEALTHY SWITCHES

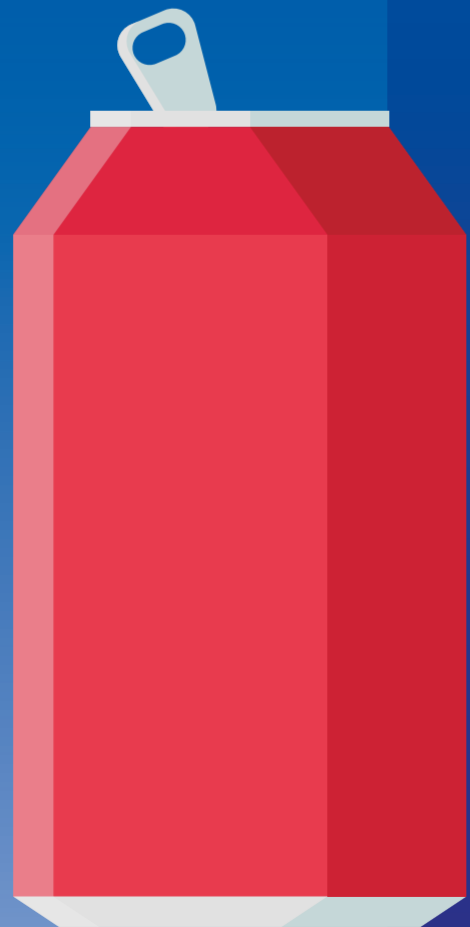
HELP IMPROVE YOUR HEALTH WITH THE KEY PILLARS BY MAKING SOME EASY SWITCHES

Drink plenty:



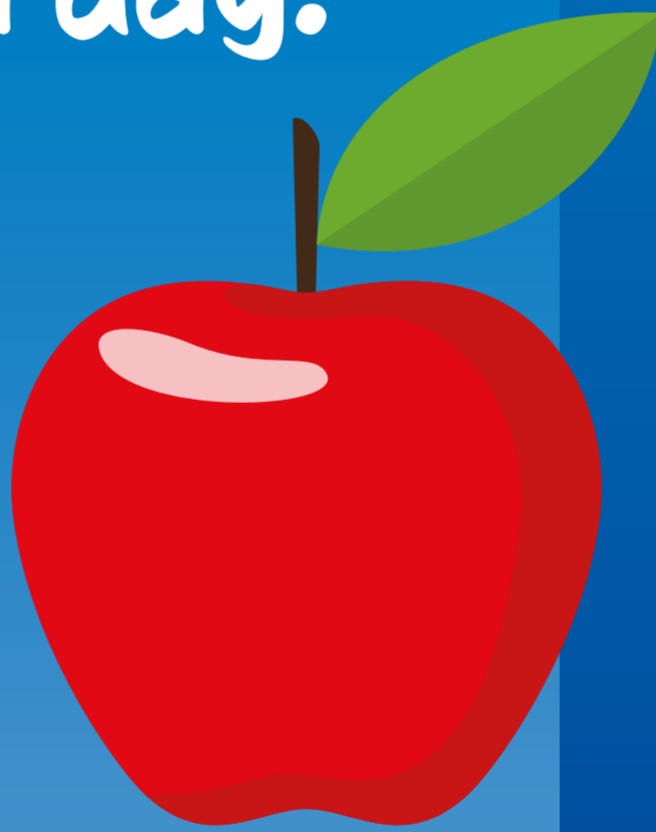
TRY DRINKING THIS

INSTEAD OF THIS...



5 a day:

EAT THIS



INSTEAD OF THIS...

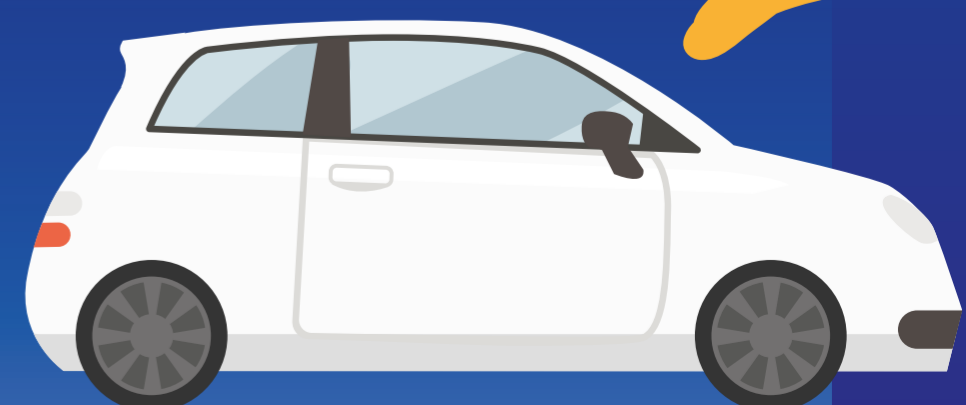


Get active:

TRY THIS



INSTEAD OF THIS...



GET ACTIVE

Why get active?

IT IS RECOMMENDED
WE GET AT LEAST
60 MINUTES OF ACTIVITY
EVERY DAY!¹

IMPROVING
YOUR HEART HEALTH!¹

IMPROVING SLEEP!¹

LIFTING YOUR
MOOD!¹

BEING ACTIVE
HELPS YOU
TO STAY
HEALTHY BY...¹

STRENGTHENING
MUSCLES AND BONES!¹

RELIEVING STRESS!¹

Get moving



SWIMMING



RUNNING



DANCING



ANY TEAM SPORTS

THERE'S LOADS OF INDOOR ACTIVITIES YOU CAN DO
TO SO DON'T LET THE WEATHER STOP YOU!

CREATE YOUR OWN DANCE ROUTINE ☂ DANCE TO YOUR FAVOURITE MUSICAL ☂ BALLOON VOLLEYBALL



Burning calories



29 MINUTES OF SWIMMING FOR A
STANDARD CHOCOLATE BAR²



43 MINUTES OF RUNNING
FOR ¼ OF A LARGE PIZZA²



25 MINUTES OF RUNNING
FOR A BLUEBERRY MUFFIN²



26 MINUTES OF WALKING
FOR ONE SUGARY SOFT DRINK²

BREAKFAST

What makes a good breakfast?



Why eat breakfast?



BREAKFAST HELPS SET YOUR DAY UP TO A GREAT START! IT PROVIDES SOME OF THE ENERGY AND NUTRIENTS YOU NEED TO BE HEALTHY!

IT'S A GREAT CHANCE TO GET 1 OF YOUR 5 A DAY AND SOME VITAL FIBRE!

How much can I eat?



Fibre

FIBRE HAS BEEN PROVED TO BE INCREASINGLY IMPORTANT TO OUR GUT HEALTH SO EATING ENOUGH OF IT EVERY DAY IS KEY!

RECOMMENDED INTAKE OF FIBRE...²

2-5	15G PER DAY	11-16	25G PER DAY
5-11	20G PER DAY	17 AND OVER	30G PER DAY

What good looks like

BANANA AND APRICOT BAGELS²

1 WHOLEMEAL BAGEL
-20G LOW FAT SOFT CHEESE
10G READY TO EAT DRIED APRICOTS, CHOPPED
½ BANANA

THREE BEARS BREAKFAST²

50G HIGH-FIBRE PORRIDGE OATS
250ML 1% FAT MILK
20ML COLD WATER
1 TBSP LOW FAT NATURAL YOGURT
1 APPLE, CORED AND THINLY SLICED
-10G RASPBERRIES



DRINK PLENTY

What counts?



WE SHOULD DRINK BETWEEN **6-8 GLASSES** A DAY TO HELP STAY HYDRATED.¹

LOW FAT
MILK
DRINKS



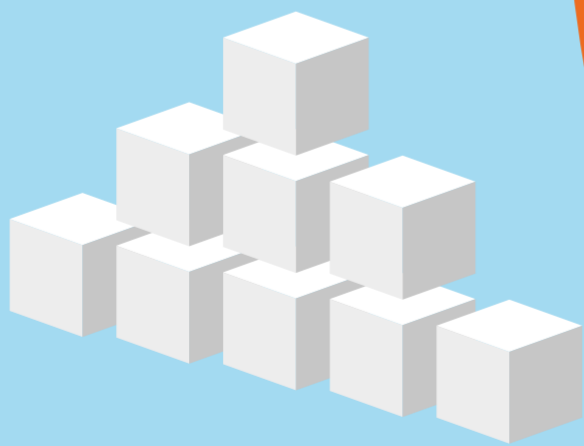
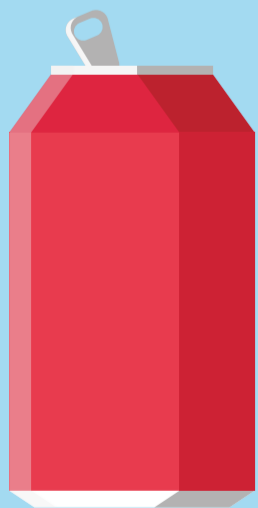
UNSWEETENED
DRINKS



OF 100%
FRUIT OR
VEGETABLE
JUICE*

*ONLY COUNTS ONCE
PER DAY

How much sugar is in cola?



DID YOU KNOW IN A CAN OF COLA THERE CAN BE UP TO 9 CUBES OF SUGAR IN IT. **THAT'S MORE THAN YOUR DAILY ALLOWANCE IN ONE CAN!**



YOU SHOULD ONLY CONSUME UP TO **6 CUBES A DAY**.²

Why do I need to drink plenty?



THE BODY IS ABOUT **60% WATER** AND IT'S NEEDED FOR LOTS OF DIFFERENT FUNCTIONS.¹

WE CONSTANTLY LOSE WATER THROUGH OUR SKIN DUE TO SWEAT AND THROUGH OUR LUNGS WHEN WE BREATHE SO IT'S REALLY IMPORTANT WE KEEP HYDRATED.¹



MILD DEHYDRATION CAN MAKE IT DIFFICULT TO CONCENTRATE AND **CAUSE HEADACHES**.¹

5 A DAY

Why do I need 5 a day?

FOODS OF DIFFERENT COLOURS ALL PROVIDE US WITH THEIR OWN UNIQUE HEALTH PROPERTIES SO EATING A VARIETY OF COLOURS EVERY DAY IS KEY TO STAYING HEALTHY.

Eat a **rainbow**

Red foods contain antioxidants good for your blood pressure³

Orange foods contain carotenoids great for your eyes and hormones³

Yellow foods contain beta-carotene boosting your Vitamin A³

Green foods contain sulforaphane and glucosinolate great for your cells²

Purple foods contain antioxidants great for your cells²

What counts?

