



8 Easy ways to Change4Life

We all want our children to grow up to be happy, healthy adults. But it can sometimes be hard to know how. So here are 8 easy tips to help you keep your kids feeling great.

60 active minutes

Active kids are happy kids – they like to be up and about and having fun. Kids need to do at least 60 minutes of physical activity every day that gets their heart beating faster than usual. They don't need to get their 60 active minutes all in one go - they can clock up bit by bit across the day. They need to do this to burn off calories and prevent them storing up excess fat in the body which can lead to cancer, type 2 diabetes and heart disease.

Me Size Meals

Kids often like to be treated like grown ups. This can be true when it comes to mealtimes, when kids often end up with the same amount of food on their plates as grown ups. But when they eat more than their bodies need, it converts to stored fat in their bodies. So many families are making a conscious effort to serve kids kid-sized portions.

Sugar Swaps

We tend not to think about the sugar hiding in the things kids eat and drink. Excess sugar can mean excess energy which in turn can lead to stored fat in the body. To prevent this, many families are swapping food and drink with added sugar for stuff that's lower in sugar or sugar free.

Cut Back Fat

We all know too much fat is bad for us. There are plenty of simple ways to go easy on the fat; things like comparing food labels, swapping certain foods for others and changes to the way we prepare and cook food.

Meal Time

In our hectic modern lives we often don't make time for meals. Rushing, making do and eating on the go all lead to unhealthier eating habits like snacking and eating fast food. That's why making time for regular meals is important.

5 A DAY

Fruit and veg are packed with essential vitamins, minerals and fibre. So it's important for kids to eat a variety of at least five portions of fruit and veg every day.

Snack Check

Many snacks can be high in sugar, fat, salt and all the things we shouldn't eat too much of. Many families find that setting a limit on snacks is a great way of keeping a lid on their kids' snacking.

Up and About

Modern life has made things much more comfortable for us – so comfortable, in fact, that most of us spend too long sitting down doing nothing much at all! The solution is simple – get up! Simply being up, about and moving burns calories.

For more information search Change4Life online - and join up to receive your free welcome pack, create your own unique online character, and get cracking towards a new healthier future for you and your kids.

**do your kids
play games in
the park or
on the sofa?**

change
4 life
Eat well Move more Live longer

Search 'Change4Life' or call 0300 123 4567

Walk4Life

Walking also helps kids get their 60 active minutes, and is a money saver too – research shows that parents who walk with their children to school rather than driving are saving £367 per year, per primary school child.

So from walking to school to taking the dog out, it's easy to fit in a bit of walking every day.

For more information visit www.walktoschool.org.uk

Swim4Life – let's get back into the water!

Kids have such a great time in the pool, they can burn off energy without really noticing. Since April more than 200 councils are offering free swimming to those aged 16 and under - so there's never been a better time for the whole family to enjoy one of the nation's favourite activities!

Check whether your council is running free swimming at <http://www.culture.gov.uk>



MuckIn4life

MuckIn4Life is a campaign led by DEFRA which aims to raise awareness of the benefits, of being active outdoors and encourages families to take part in local outdoor conservation volunteering. From pond & wildlife gardening to bat spying, it's a great way to ensure kids get their 60 active minutes and it's not just kids that will benefit, the local community will too.

Visit www.direct.gov.uk/muckIn4life for more details