

how many ways are you changing?

change
4 life

Eat well Move more Live longer

1 5-a-day

Our family are trying to eat 5 portions of a variety of fruit and veg every day.



2 cut back fat

I'm changing how I cook from frying to grilling to make our meals more healthy.



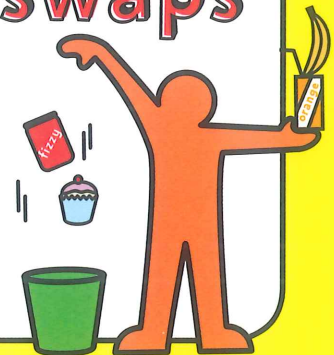
3 watch the salt

We're checking the label, choosing foods lower in salt and trying not to add salt to our food.



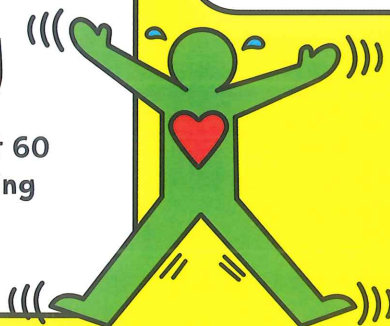
4 sugar swaps

Our family are swapping sugary drinks for water, lower fat milks, no-added-sugar or sugar-free drinks.



5 get going every day

I'm getting the kids to spend at least 60 minutes walking, playing sport, running around or being active every day.



Want more tips to help you stay healthy and happy?

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