

Eat Well, move more

Swap sugary drinks for water or milk.

Check portion sizes and give children smaller plates.

Make exercise fun with active games.

Walk, cycle or scooter for short journeys.

For help to stay healthy go to: www.warwickshire.gov.uk/eatwellmovemore

 

Move more:

A healthy lifestyle also involves plenty of physical activity. Children should ideally be active for at least 60 minutes a day, with 30 minutes taking place outside of school. This can be broken into short 10-minute bursts—they could try scootering to school, skipping to the shops, or dancing to a song!

There are lots of ways to encourage children to be more active. Make exercise fun by turning activities into games like tag, hide-and-seek, or dancing. Walk or bike to school if possible or visit a local park for a family walk. Warwickshire also offers a range of after-school sports clubs where young people can stay fit while developing socially.