

# HEALTHY SWITCHES

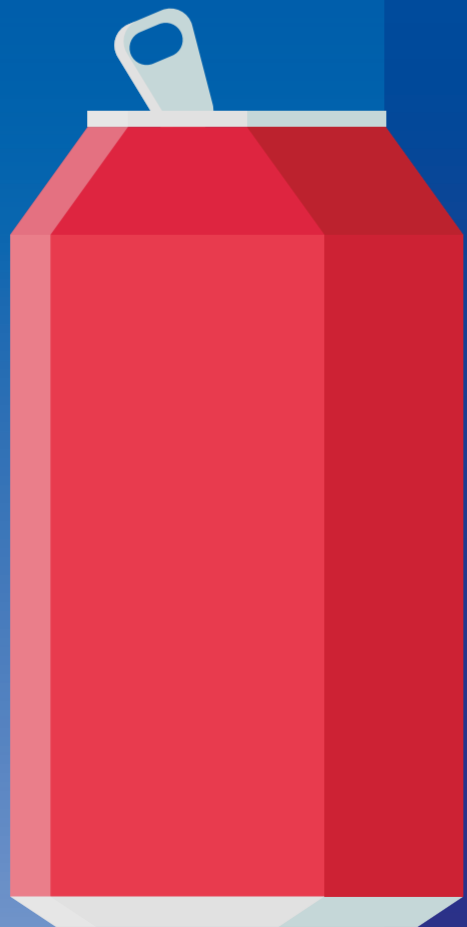
HELP IMPROVE YOUR HEALTH WITH THE KEY PILLARS BY MAKING SOME EASY SWITCHES

Drink plenty:



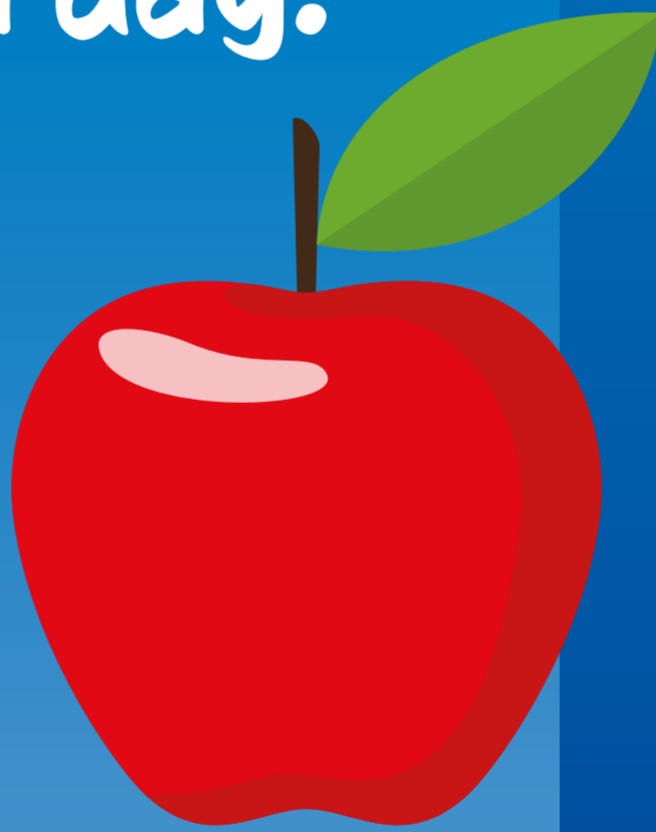
TRY DRINKING THIS

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!<sup>1</sup>

IMPROVING  
YOUR HEART HEALTH!<sup>1</sup>

IMPROVING SLEEP!<sup>1</sup>

LIFTING YOUR  
MOOD!<sup>1</sup>

BEING ACTIVE  
HELPS YOU  
TO STAY  
HEALTHY BY...<sup>1</sup>

STRENGTHENING  
MUSCLES AND BONES!<sup>1</sup>

RELIEVING STRESS!<sup>1</sup>

## 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 BAR<sup>2</sup>



43 MINUTES OF RUNNING  
FOR ¼ OF A LARGE PIZZA<sup>2</sup>



25 MINUTES OF RUNNING  
FOR A BLUEBERRY MUFFIN<sup>2</sup>



26 MINUTES OF WALKING  
FOR ONE SUGARY SOFT DRINK<sup>2</sup>

# BREAKFAST

## What makes a good breakfast?



WHOLEGRAINS (E.G. PORRIDGE, WHOLEGRAIN BREADS, WHOLEGRAIN CEREALS WITH NO ADDED SUGAR)<sup>1</sup>

AT LEAST 1 OF YOUR 5 A DAY (E.G. BERRIES, BANANA, TOMATOES OR MUSHROOMS)<sup>1</sup>

A DRINK, GET ONE OF YOUR 5 A DAY FROM AN ORANGE JUICE (150ML), OR INCLUDE SOME DIARY WITH A MILK OR YOGURT BASED DRINK<sup>1</sup>

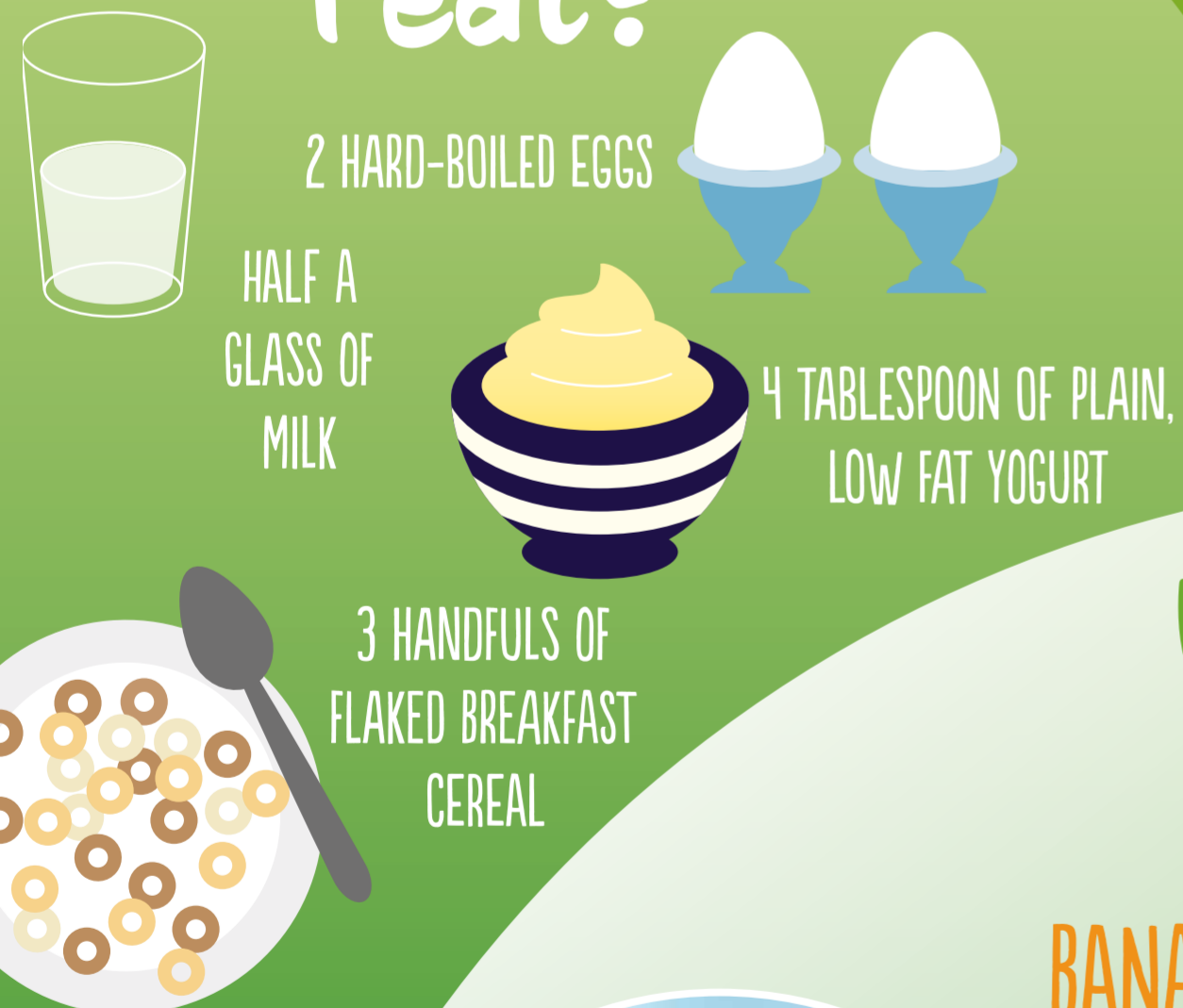
## Why eat breakfast?



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?



2 HARD-BOILED EGGS

HALF A GLASS OF MILK

4 TABLESPOON OF PLAIN, LOW FAT YOGURT

3 HANDFULS OF FLAKED BREAKFAST CEREAL

## 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...<sup>2</sup>

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 BAGELS<sup>2</sup>

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

### THREE BEARS BREAKFAST<sup>2</sup>

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.<sup>1</sup>

LOW FAT  
MILK  
DRINKS



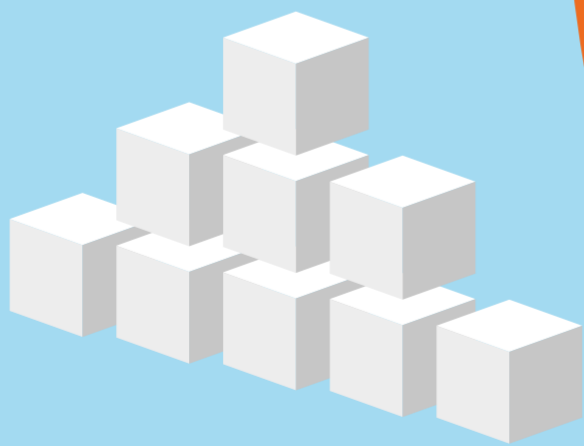
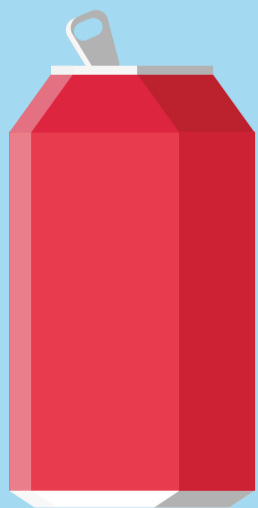
UNSWEETENED  
DRINKS



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**.<sup>2</sup>

## Why do I need to drink plenty?



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

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.<sup>1</sup>



MILD DEHYDRATION CAN MAKE IT DIFFICULT TO CONCENTRATE AND **CAUSE HEADACHES**.<sup>1</sup>

# 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 pressure<sup>3</sup>

Orange foods contain carotenoids great for your eyes and hormones<sup>3</sup>

Yellow foods contain beta-carotene boosting your Vitamin A<sup>3</sup>

Green foods contain sulfuraphane and glucosinolate great for your cells<sup>2</sup>

Purple foods contain antioxidants great for your cells<sup>2</sup>

### What counts?

