


# Handy tips for a healthy family

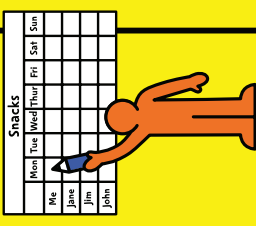
These days, modern life can mean that we're not as active as our parents or grandparents were. With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, we don't move about as much or eat as well as we used to.


Change4life is there to give you the support and info you need to help your kids eat well, move more and live longer. Here are a few things you can do that will make a difference to the health of your kids.

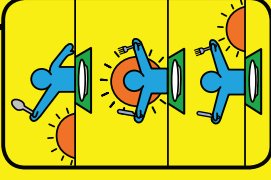
# change 4 life

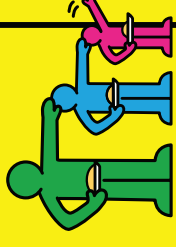
Eat well Move more Live longer


 **Sugar swaps**  
Go for no added sugar options wherever possible.


 **Snack check**  
Cut down or swap unhealthy snacks for something like fruit.

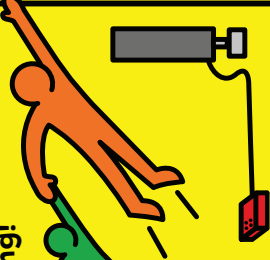
 **5 A DAY**  
It's easier than you think to get the right amount of fruit and veg – fresh, frozen, canned, dried and juice all count.

 **Meal time**  
Try for 3 meals a day, at regular times – and don't skip breakfast!

 **Me size meals**  
Remember kids' tummies are much smaller than adults' – so they need smaller portions.

 **Cut back fat**  
Compare food labels and go for lower fat varieties.

 **60 active minutes**  
Kids need at least 60 minutes of physical activity over the day to get their hearts beating faster.

 **Up and about**  
Any kind of moving is better than sitting on the sofa – so get going!

For more information about how to keep your kids fit and healthy visit [www.nhs.uk/change4life](http://www.nhs.uk/change4life) or call 0300 123 4567