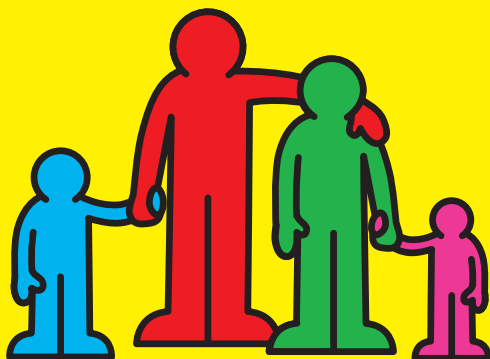


Small changes can make a big difference

Your handy guide to healthy habits

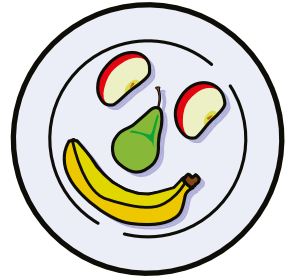


By making some small changes, you and your family can enjoy a more energetic and healthier lifestyle. In this handy guide, you'll find some great ideas to get you started.

In support of
**change
4 life**
Eat well Move more Live longer



Ideas for eating well



- Put the Be Food Smart app to the test in the supermarket – and cut down on salt, sugar and sat fat! Replace the reds with the greens.
- Aim for a day where everyone has their 5-a-day of fruit and veg. How long can you keep it up?
- Get hydrated! Aim for six glasses of water in a day.
- Turn your kids into food detectives and get them to use the Be Food Smart App to scan labels in your kitchen.
- Get creative and cook a Change4Life recipe from the Smart Recipes app or our website.
- Out shopping? Try skipping the snacks and sweets aisle completely, and get the kids to help choose healthy alternatives such as fruit or nuts.
- Get the whole family involved in making a healthy meal, from buying ingredients to preparing, cooking and serving up.
- Chuck the choccies and biscuits and swap them for fruit, low-fat yoghurt.
- Swap salty snacks like crisps for popcorn (without sugar or salt).
- Sign up for Meal Mixer on the Change4Life website – a 4-week plan to help you cook healthier meals.
- Swap sugary breakfast cereals for plain ones with added fruit.
- Lose the frying pan for a week and try grilling, baking, steaming or poaching instead.



Ideas for moving more



- Kids aged 5-18 years need to be active for 60 minutes a day. Check out our fun Shake Up games online, inspired by all their Disney favourites.
- Use the bus to get about? Get off two stops early from your usual stop and walk the rest of the way.
- Find fun on the go. Open up The Fun Generator app, discover an activity and get going!
- Organise a weekend walk with the family. Looking for ideas where to go? Search for Explore Kent.
- There's nothing like a kick-about to get you moving. Play a kids v parents football game so everyone's involved.
- Make the housework fun! Set the family a ten-minute clean-up challenge and work as a team to your favourite tunes.
- It's fun to get around on two wheels, so dust off your bikes and organise a family ride.
- Choose some music you love and have a family dance-off. Kids will love the challenge of learning new steps or a routine – and grown-ups can strut their stuff too!
- Too cold or wet for the kids to play outside? Make a secret den indoors and get everyone to help build it.
- Treasure hunts are a fun way to keep kids walking and running from place to place.



**You can
start with
just one small
change**

Eat well, Move more

You can find loads more ideas,
hints and tips online at:

kent.gov.uk/change4life

