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.
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.
Idea 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 find loads more ideas, hints and tips online at:

kent.gov.uk/change4life