

Healthy Living

Keep going, keep moving,
keep active



Take your pedometer out of its box. Peel off the plastic covering the numbers. Don't worry if it makes a noise. When it makes a noise it is counting the steps you take.

Use the pedometer in your pack to increase the amount of steps you take each day.



Gardening



Housework



Dancing



Cycling



Walking the dog



Sports

Healthy Living

Paul gets healthy



It's important to eat foods that are healthy. Healthy means foods that are good for you and make you feel good.

It's also important to get some exercise. Here are some of Paul's ideas to eat healthy foods and get some exercise.

Try cooking the healthy recipes using the recipe cards and see how good they taste!



Fit to Eat



Healthy Living

Bowl of porridge



Handful of peanuts

Malt loaf



Glass of fruit juice



Healthy snacks



Cereal bar



Fresh fruit



Glass of
tap water



Glass of milk

