

TIP

# WAYS YOU COULD BE HEALTHIER

## Eating breakfast

helps you start the day at your best



## Any type of movement is great!

if your arms and legs are moving - then it's good for you



## Drinking more water

or milk is much healthier than cordial or soft drink



Sometimes it takes a little time for your taste buds to like new foods - maybe

## try a new vegetable

each day and in a few weeks, you will find how tasty they actually are!

