


TIP 

WAYS TO GET A HEALTHY BALANCE

Try to cut down on video games and television, instead use that time to

1 **be more active**

and do some movement

- 2**
- 3**
- 4**
- 5**
- 6**
- 7**
- 8**
- 9**
- 10**



Celebrate making healthy choices

with non-food rewards



Have a little more **salad or vegetables** at lunch and dinner



Enjoy your favourite **party food in small amounts**

at special occasions like a birthday or Christmas



Drink a little more **water or milk** instead of cordial or soft drink

