

TIP 5

# SHARE YOUR HEALTHY KNOWLEDGE

What are your friends and families favourite way to exercise? Maybe you could

**try new activities or sports** with them

**Tell your friends**

about LET'S JUST PLAY and challenge them to make healthy changes too

I-♥-LJP



Share how physical activity and eating healthy foods makes you

**feel better & grow stronger**



Ask your friends what **fruit and vegetables**

they have tried - who has tried more? How do they like eating them?

