

# TEN HEALTHY LIFESTYLE TIPS FOR KIDS

- 1. Food for thought...** Eat breakfast everyday. It is an important fuel for the brain.
- 2. 5+@ Day...** Eat five or more handfuls of colourful fruit and vegetables every day for better health, taste and variety.
- 3. Quench your thirst...** Drink plenty of water.
- 4. Care for those teeth...** Brush your teeth at least twice a day.
- 5. Get moving...** Be active every day.
- 6. Sleeping beauty...** Get a good night's sleep every night.
- 7. Be SunSmart...** Keep yourself safe in the sun.
- 8. Bright 2B Bright...** Wear bright & visible apparel when working or playing near a road.
- 9. Learning to Learn...** Learn to look & listen, because you need to look and listen to learn.
- 10. Shortcuts...** Don't take shortcuts when it comes to your health and safety. They can lead to more serious problems later in life.

