

Bring Back Play

Make being active fun!

All physical activity counts towards your kids' 60 minutes a day of exercise. And you don't have to do it all at once.



Tips



- ★ If your children have not been active at all, start slowly with bursts of 15–30 minutes—and build it into your daily routine
- ★ Add activities over time until they reach the goal of at least 60 minutes a day
- ★ Free play is just as important as structured sports. Running around, playing in the garden or local park and having fun ALL count
- ★ Don't let the rain interfere. Have rain gear (jacket, leggings and wellies) to hand

- ★ Kids love a challenge—setting them a task is a great way to get them active and keep them focused. For example, ask them: 'How many times can you throw and catch a ball between you without dropping it?' or 'How many skips can you do in a minute?'
- ★ Join in! Adults need to be active too for 30 minutes a day. Take a family walk. Challenge your kids to:
 - ★ Walk backwards or sideways
 - ★ Skip or hop on one foot
 - ★ Take giant steps

Play games that are fun!

- ★ **All in together**
Skipping & rhyming in one great game
- ★ **Kerbs**
Great fun and a test of skill
- ★ **Hopscotch**
Hop your way from 1 to 10!
- ★ **Rounders**
A team game everyone can enjoy
- ★ **Kick the can**
A fun game of hide & seek



Introducing your kids to the games you played at their age is a great way for everyone to get exercise and have fun.

You can try the old favourites shown above. Maybe you have your own name for these games or play them a different way.

Why not join in yourself? That way you can keep an eye on them and make sure the kids play somewhere safe.

To check out the game rules and for more great ideas visit

www.safefood.eu

#bringbackplay

be safe be healthy be well

Top tips for healthy drinks



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Did you know?

Some fruit squashes and ready-to-drink fruit juice drinks contain as much as 27.4g of sugar per 200ml serving—that's the equivalent of 5 sugar cubes!



How to cut down on sugary drinks



- ★ Read the labels on your child's drinks to **check the sugar level***
- ★ If your family loves soft drinks or other sweetened drinks, **reduce them gradually**
- ★ Start by adding plenty of water to cordials and squashes. **Add extra water**** each time to squashes and cordials to reduce your child's taste for sweetness
- ★ Squashes, cordials, juice drinks and fizzy drinks should only be **consumed occasionally and at meal times**—for toddlers add extra water

*5g is approximately 1 sugar cube. **Dilute extra for under 3s. ***Low fat for children over 2. Assessment of the drinks was carried out between Oct–Nov 2013 by safefood.

Choose healthier drinks



- ★ **Water** and **milk***** are the best drinks for children at any time
- ★ It's ok to have a small glass of **100% fruit juice** or a **smoothie once a day**—in fact it counts as one of their 5 a day
- ★ Make **water freely available** between meals
- ★ Water is **tastier when it's cold:**
 - ★ Put a jug of water in the fridge
 - ★ Add a slice of lime, lemon or orange to give it flavour and colour