Do short bursts – every little helps
Getting active doesn’t have to take a lot of time or money. Children need to be active for at least 60 minutes a day, adults need to be active for at least 30 minutes 5 or more days a week. Try to take a little exercise everyday to get started. Even ten minutes at a time counts towards your 30 minutes a day.

Swap getting the bus all the way home for getting off 2 stops early and walking the rest of the way.
Swap walking slowly for walking briskly.

Get moving
How many hours a day do we spend sitting down? By reducing the amount of time you spend watching TV/DVD or surfing the internet you will create more opportunities in the day to become active.
Swap time spent on computer games for active games or play computer games where you are active.
Swap time spent in front of the TV for active games.

Make it part of the routine
There are lots of different ways to get more active. Think about family walks, teaching the children to cycle, going to the park or playing sports. Remember, all activity counts, even house work.
Swap trips to the cinema for a trip to the park.
Swap going to the car wash for giving the car a wash.

Bring the right gear
Don’t let windy or rainy weather put you off, make sure you have coats, hats and proper footwear for great walks. Why not bring a frisbee with you to the park for a fun family game.
Swap staying indoors during bad weather for playing outdoors - just remember to dress for the weather!
Swap staying in work during lunch for a 20 minute walk.

Involve your friends and family
Getting active boosts the ‘happy hormones’ so get going! Pick an activity you will enjoy and why not get your friends to join in?
Swap driving to the local shop for a walk with family or friends.
Swap the escalator or lift for the stairs next time you visit your local shopping centre.

Better still this
Involve your friends and family.
Making small changes to what your family eats and how active you are will have a big impact on your family’s health.

Swap this
Getting the bus all the way to work.

For this
Getting off a stop early and walking the rest of the way.

Swapped
 Walking in front of the TV for the afternoon.

Swapped
 Flying with a frisbee in the park.

Swapped
 Family trips to the park.

Swapped
 Getting off 2 stops early and walking the rest of the way.

Swapped
 Flying with a hula hoop.

Swapped
 Go for a walk with friends.

Swapped
 Family trips to the park.

Swapped
 Having fun and bad weather days.

Swapped
 Visiting the Little Steps website for more practical tips and advice for everyday life.

www.littlesteps.eu
www.littlesteps.eu
www.littlesteps.eu
Start the day the right way

Breakfast is important because it comes after a long break overnight without food. It sets you up for the rest of the day. Get the best start by making smart choices.

- Swap sugar-coated cereals for non-sugar-coated cereals
- Swap a spoonful of sugar on your cereal for chopped fruit
- Choose fresh more often than processed

Processed foods like fast foods and many snack foods contain many fats, salt and sugar. To choose fresh foods more often than processed by using leaner cuts of meat and including more fruit and vegetables with your meal.

- Swap processed meats like burgers, sausage for lean meats like beef, lamb and chicken

Choose 5-a-day everyday

Fruit and vegetables provide many vitamins and minerals needed for a healthy life. They taste great too!

- Buy fruits and vegetables when in season – they’re cheaper or alternatively buy them tinned or frozen. Frozen vegetables are processed at their peak of freshness so are a great alternative to fresh fruit and veg.

- There are lots of ways to add more fruit and vegetables
- Swap sweet snacks like chocolate/biscuits for some fruit
- Swap meat for more vegetables in your curries, stews and casseroles

Cut down the fat

Cutting down on small amounts of fat from your diet can have big benefits for your health. Choosing low fat options whenever you can, trimming the fat off meat and limiting vegeables are little steps to eating well.

- Swap full fat milk and yoghurts for low fat varieties
- Swap full fat milk and yoghurts for low fat (semi-skimmed) milk
- Low fat (semi-skinned) milk is not suitable for children under two years, and very low-fat (skimmed) milk should not be given to children under five years
- Swap frying food for baking, grilling or roasting

Know portion size matters

Eating more than the body needs can happen easily. Cutting down on portion sizes and the amount of treats you eat is one little step to eating well.

- You and the children don’t have to always empty the plate – eat until you feel full, and encourage children to at least try one of every type of food on their plate!
- Swap large plates for smaller plates
- Swap king size or standard size chocolate, biscuits and crisps packs for snack sizes instead

Drink up

It is important that you take in enough fluids during the day. If you do not drink enough, you may become dehydrated, thirsty, tired and weak.

- Water and milk are the most suitable drinks between meals.
- Encourage your children to choose healthier drinks. For younger children you can make healthier drinks fun by using straws, brightly coloured bottles and different types of glasses.

See our table for the low down on suitable drinks.

**DRINKS**

<table>
<thead>
<tr>
<th><strong>TASTE</strong></th>
<th><strong>THERMOMETER</strong></th>
<th><strong>THERMAL FRIENDLY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Hot</td>
<td>Hot</td>
</tr>
<tr>
<td>Milk (semi-skimmed/low fat preferably)</td>
<td>Hot</td>
<td>Hot</td>
</tr>
<tr>
<td>Unsweetened fruit juice (fruit juice from concentrate is suitable also if it does not contain added sugar)</td>
<td>Hot</td>
<td>Cold</td>
</tr>
<tr>
<td>Flavoured milk*</td>
<td>Cold to Room Temperature</td>
<td>Cold</td>
</tr>
<tr>
<td>Diluted sugar-free squash</td>
<td>Cold to Room Temperature</td>
<td>Cold</td>
</tr>
<tr>
<td>Yogurt or milk drinks*</td>
<td>Cold to Room Temperature</td>
<td>Cold</td>
</tr>
<tr>
<td>Smoothies*</td>
<td>Cold to Room Temperature</td>
<td>Cold</td>
</tr>
<tr>
<td>Fruit juice drink (unsweetened)</td>
<td>Cold to Room Temperature</td>
<td>Cold</td>
</tr>
<tr>
<td>Fruit juice drink (sweetened)</td>
<td>Cold to Room Temperature</td>
<td>Cold</td>
</tr>
<tr>
<td>Fizzy drinks (including diet versions)</td>
<td>Cold to Room Temperature</td>
<td>Cold</td>
</tr>
</tbody>
</table>

**BEST CHOICE ANYTIME**

- Water
- Milk (semi-skimmed/low fat preferably)
- Unsweetened fruit juice (fruit juice from concentrate is suitable also if it does not contain added sugar)

**GOOD CHOICE ANYTIME**

- Flavoured milk*
- Diluted sugar-free squash
- Yogurt or milk drinks*
- Smoothies*
- Fruit juice drink (unsweetened)

**AT MEALTIMES**

- For water
- For milk (semi-skimmed/low fat preferably)
- For unsweetened fruit juice (fruit juice from concentrate is suitable also if it does not contain added sugar)

**NOT TOOTH FRIENDLY**

- Fizzy drinks (including diet versions)

**BETTER STILL THIS**

- Brown bread meat and salad sandwich, piece of fruit and low fat yoghurt.
- Fish fillet, beans, and chips
- Small bowl of porridge with fresh fruit and a glass of orange juice
Start the day the right way

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Swap sugar-coated cereals for non-sugar-coated cereals

Swap a spoonful of sugar on your cereal for chopped fruit

Choose fresh more often than processed

Processed foods like fast foods and many snack foods contain more fat, salt and sugar. It is wise to choose fresh foods more often than processed by using leaner cuts of meat and including more fruit and vegetables with your meal.

Swap processed meals like burgers, sausages for home-cooked meals and chicken

Choose 5-a-day everyday

Fruit and vegetables provide many vitamins and minerals needed for a healthy life. They taste great too!

Buy fruits and vegetables when in season – they’re cheaper or alternatively buy them tinned or frozen. Frozen vegetables are processed at their peak of freshness so are a great alternative to fresh fruit and veg.

Swap processed meats like burgers, sausage for lean meats like beef, lamb and chicken

Cut down the fat

Cutting down on small amounts of fat from your diet can have big benefits for your health. Choosing low fat options wherever you can, trimming the fat off meat and limiting snacks are all steps to eating well.

Swap full fat milk and yoghurts for low fat varieties.

Low fat (semi-skinned) milk is not suitable for children under two years, and very low-fat (skimmed) milk should not be given to children under five years.

Swap frying food for baking, grilling or roasting

Know portion size matters

Eating more than the body needs can happen easily. Cutting down on portion sizes and the amount of treats you eat is one little step to eating well.

You and the children don’t have to always empty the plate – eat until you feel full, and encourage children to at least try one of every type of food on their plate!

Swap large plates for smaller plates

Drink up

It is important that you take in enough fluids during the day. If you do not drink enough, you may become dehydrated, thirsty, tired and weak. Water and milk are the most suitable drinks between meals.

Encourage your children to choose healthier drinks. For younger children you can make healthier drinks fun by using straws, brightly coloured bottles and different types of glasses. Low fat (semi-skinned) milk is not suitable for children under two years, and very low-fat (skimmed) milk should not be given to children under five years.

See our table for the low down on suitable drinks.

DRINK

TASTY AND TOOTH FRIENDLY

Water

Good choice anytime

Milk (semi-skimmed/low fat preferably)

At mealtimes

Unsweetened fruit juice (fruit juice from concentrate is suitable also if it does not contain added sugar)

At mealtimes

Flavoured milk*

At mealtimes

Diluted sugar-free squash

At mealtimes

Yogurt or milk drinks*

At mealtimes

Smoothies*

At mealtimes

Fruit juice drink (unsweetened)

At mealtimes

Fruit juice drink (sweetened)

Not tooth friendly

Fizzy drinks (including diet versions)

Not tooth friendly

Better still this

Brown bread meat and salad sandwich, piece of fruit and low fat yoghurt.

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www.littlesteps.eu
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Swap a spoonful of sugar on your cereal for chopped fruit

Choose fresh more often than processed

Choose fresh foods like salads, fresh fruit and vegetables

Processed foods like fast foods and many snack foods contain more fat, salt and sugar. It is easy to choose fresh foods more often than processed by using leaner cuts of meat and including more fresh fruit and vegetables with your meal.

Swap processed meats like burgers, sausages for lean meats like beef, lamb and chicken

Cut down the fat

Cutting down on small amounts of fat from your diet can have big benefits for your health. Choosing low fat options whenever you can, trimming the fat off meat and limiting snacks are all steps to eating well.

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| Unsweetened fruit juice (fruit juice from concentrate is suitable also if it does not contain added sugar) | Good choice anytime | At mealtimes |
| Unsweetened fruit juice drink (unsweetened) | Good choice anytime | At mealtimes |
| Unsweetened fruit juice drink (sweetened) | Good choice anytime | At mealtimes |
| Fizzy drinks (including diet versions) | Not tooth friendly | Not tooth friendly |
| Low fat (semi-skinned) milk | Good choice anytime | At mealtimes |
| Very low-fat (skimmed) milk | Not tooth friendly | Not tooth friendly |

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Choose 5-a-day everyday
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Do short bursts – every little helps

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Swap getting the bus all the way home for getting off 2 stops early and walking the rest of the way.
Swap walking slowly for walking briskly.

Get moving

How many hours a day do we spend sitting down? By reducing the amount of time you spend watching TV/DVD or surfing the internet you will create more opportunities in the day to become active.

Swap times spent on computer games for active games or play computer games where you are active.
Swap times spent in front of the TV for active games.

Make it part of the routine

There are lots of different ways to get more active. Think about family walks, teaching the children to cycle, going to the park or joining in local activities. Remember, all activity counts, even house work.

Swap trips to the cinema for a trip to the park.
Swap going to the car wash for giving the car a wash.

Bring the right gear

Don’t let windy or rainy weather put you off, make sure you have coats, hats and proper footwear for great walks. Why not bring a frisbee with you to the park for fun games.

Swap staying indoors during bad weather for playing outdoors – just remember to dress for the weather!

Swap staying in work during lunch for a 20 minute walk.

Better still this

Involve your friends and family

Getting active boosts the ‘happy hormones’ so get going! Pick an activity you will enjoy and why not get your friends to join in?

Swap trips to the local shop for a walk with family or friends.
Swap the escalator or lift for the stairs next time you visit your local shopping centre.

Better still this

For this

Sitting talking on the phone.
Sitting talking on the phone.
Playing computer games.
Playing computer games.
Getting the bus all the way to work.
Browsing the internet.

Better still this

Walking to a friend’s house for a chat.
Going for a walk with friends.
Playing with a football or hula hoop.
Family trips to the park.
Sitting in front of the TV for the afternoon.
Limit TV to 1 hr a day at weekends – Make an activity plan.

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Swap this for that

Swap time spent on computer games for active games or play computer games where you are active.

 Swap time spent in front of the TV for active games.

Compare this

Swap trips to the cinema for a trip to the park.

Swap going to the car wash for giving the car a wash.

Swap this

Bring the right gear

Don’t let windy or rainy weather put you off, make sure you have coats, hats and proper footwear for great walks. Why not bring a frisbee with you to the park for a fun family game.

Swap this

Sitting talking on the phone

Walk to a friend’s house for a chat.

Go for a walk with friends.

Make it part of the routine

There are lots of different ways to get more active. Choose something you can do as a family together. Think about family walks, teaching the children to cycle, going to the park or visiting the local gym. Remember, all activity counts, even house work.

Swap this

Sitting watching TV for an hour or more.

Limit TV to 1 hour a day – Go outside have fun and play.

Limit TV to 1 hour a day and at weekends – Make an activity plan.

Better still this

Get moving

There isn’t always weather you can forecast for great walks. Why not bring a child with you to the park for a fun family game.

Swap this

Sitting watching petals during bad weather for playing outside – just remember to dress for the weather!

Swap this

Playing in the rain for bad weather day.

Playing hide and seek.

Swapping this

Swapping this

Swapping this

Swapping this

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Swap this

Sitting talking on the phone

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Go for a walk with friends.

What are your family’s plans for this weekend?

SATURDAY

AM - Wash the car

PM - Family trip to the park

SUNDAY

AM - Walk around to Sue’s house

PM - Take the family out on the bikes

Better still this

Walk all the way to work.

For this

Getting off 2 stops early and walking the rest of the way.

Better still this

Family trips to the park.

For this

Limit TV to 1 hour a day – Go outside have fun and play.

Better still this

Family trips to the park.

For this

During lunch for a 20 minute walk.

Better still this

Go for a walk with your children when they are not in school.

For this

Walk to a friend’s house for a chat.

Better still this

Go for a walk with friends.

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Parents and family

Involve your friends and family

Getting active boosts the ‘happy hormones’ so get going! Pick an activity you will enjoy and why not get your friends to join in?

Swap this

Going to the car wash for giving the car a wash.

Swap this

Visiting the local shopping centre for going to the park.

Better still this

Playing with a football or hula hoop

Playing with a football or hula hoop.

Sitting in front of the TV for an hour or more.

Better still this

Playing with a football or hula hoop.

Going for a walk with your children when they are out of school.

Better still this

Go for a walk with friends.

For this

Going off 2 stops early and walking the rest of the way.

Better still this

Walking all the way to work.

For this

Getting off 2 stops early and walking the rest of the way.

Better still this

Walking all the way to work.

For this

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