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

Make it part of the routine

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

Get moving

Getting the bus all the way to work

Swap this

Getting off a stop early and walking the rest of the way

For this

Walk all the way to work

Better still this

Swap this

Walking in front of the TV for active games

For this

Playing computer games

Better still this

Playing with a football or hula hoop

Bring the right gear

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

Swap this

For this

Playing computer games

Better still this

Playing with a football or hula hoop

Involve your friends and family

Get 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 cinema for a trip to the park

Swap this

For this

Going for a walk with your children when they are not on their bikes

Better still this

Go for a walk with friends

Staying indoors on bad weather days

Swap this

For this

Playing computer games

Better still this

Playing with a football or hula hoop

SATURDAY

AM - Wash the car

PM - Family trip to the park

Better still this

Family trips to the park

Sunday

AM - Walk around to Sue's house

PM - Take the family out on the bikes

This practical guide can help you and your family take the first steps to a healthier life today. www.littlesteps.eu

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Why not visit the Little Steps website for more practical tips and advice for everyday life.

Our children learn all about how to live from watching the adults in their lives. If we eat well and are active, chances are they'll grow up to do the same.

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

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The Little Steps campaign was developed by safefood and the Health Service Executive in collaboration with the Health Promotion Agency.
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.

**Choose fresh more often than processed**

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

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

Swap a packet of crisps for fresh fruit or vegetables
Swap processed foods 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 bring big benefits for your health. Choosing low fat options whenever you can, trimming the fat off meat and limiting snacks are little steps to eating healthy.

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

There are lots of ways to keep meat and vegetables

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

Better still this

Brown bread meat and salad sandwich, piece of fruit

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**

**TOOTH FRIENDLY**

**Best choice anytime**

**Good choice anytime**

**At mealtimes**

**Not tooth friendly**

**Better still this**

Brown bread meat and salad sandwich, piece of fruit

Ready meals/fast foods

Battered fish, chips and portion of beans

Battered fish, chips, and added more veg

White bread meat sandwich and large chocolate bar

Brown bread meat sandwich, piece of fruit and snack size chocolate bar

Medium white roll with breaded chicken

Medium white roll with plain chicken fillet and salad

Small bowl of pop corn

Better still this

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

Ready meals/fast foods

Battered fish, chips and portion of beans

Battered fish, chips, and added more veg

White bread meat sandwich and large chocolate bar

Brown bread meat sandwich, piece of fruit and snack size chocolate bar

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Brown bread meat and salad sandwich, piece of fruit and low fat yoghurt.
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 sugary-coated cereals for non-sugar-coated cereals
Swap processed meats like burgers, sausage for lean meats like beef, lamb and chicken

Choose fresh more often than processed

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

Swap sugar-coated cereals for non-sugar-coated cereals
Swap a spoonful of sugar on your cereal for chopped fruit

Choose 5-a-day everyday

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

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 whenever you can, trimming the fat off meat and learning snacks are all steps to eating healthy.

Swap full fat milk and yoghurts for low fat varieties.

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.

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.

Swap chips for wedges and add more veg

Better still this

This practical guide can help you and your family take the first steps to a healthier life today.

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

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

**Choose fresh more often than processed**

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

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 foods

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

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

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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 fried 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

Better still this

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

Drinking...tooth friendly

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 least 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. Use fun fruit-scented milk is not suitable for children under two years, and any low-fat (skimmed) milk should not be given to children under five years.

**Drink up**

**Better still this**

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

**Swap this**

Sugar-coated cereals

**For this**

Bowl of corn flakes and a glass of orange juice

**Better still this**

Small bowl of porridge with fresh fruit and a glass of orange juice.

**Swap this**

White bread meat sandwich and large chocolate bar

**For this**

Brown bread meat sandwich, piece of fruit and chocolate bar

**Better still this**

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

**Swap this**

Battered fish, chips and portion of beans

**For this**

Fish fillet, beans, and chips

**Better still this**

Fish fillet, beans, and salad

**Swap this**

Ready meals/fast foods

**For this**

Medium white roll with breaded chicken

**Better still this**

Medium white roll with plain chicken fillet and salad

**Swap this**

Crisps (45g bag)

**For this**

Crisps (25g bag)

**Better still this**

Small bowl of popcorn

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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.

Choose fresh more often than processed

Processed foods like soft drinks and many ready meals contain more fat, salt and sugar. It is choice fresh foods more often than processed by using home-cooked meals and including more fresh fruit and vegetables with your meal.

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

Swap a spoonful of sugar on your cereal for chopped fruit

Choose 5-a-day everyday

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

Buy fresh more often than processed

Processed foods like fast foods and many snack foods often contain more fat, salt and sugar. Try 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, 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 healthy.

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

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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.

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See our table for the low down on suitable drinks.

DRINK

Water

Milk (semi-skinned/low fat preferably)

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

Flavoured milk*

Diluted sugar-free squash

Yogurt or milk drinks*

Smoothies*

Fruit juice drink (unsweetened)

Fruit juice drink (sweetened)

Fizzy drinks (including diet versions)*

Best choice anytime

Good choice anytime

At mealtimes

At mealtimes

At mealtimes

At mealtimes

At mealtimes

Not tooth friendly

Not tooth friendly

Better still this

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

Better still this

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

Better still this

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

Better still this

Swap chips for wedges and add more veg

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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. Does ten minutes a time count 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 you 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. Choose something you can do as a family together. Think about family walks, teaching the children to cycle, going to the park, becoming involved in your community. Remember, all activity counts, even house work.

Swap trips to the cinema for a trip to the park
Swap parking by the car for getting the car a wash

Swap this for this
For this Go to the local shop for a walk with family or friends
Better still this Walk all the way to work

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 hoodie with you to the park for a free 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

For this Use household chores as a fitness class or take the family on a trip to your local playground
Better still this Go for a walk with your children where they are not in a strait line

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 for this
For this Walk around to Sue’s house
Better still this Go for a walk with your children when they are not in a strait line

Staying indoors on bad weather days

Why not visit the Little Steps website for more practical tips and advice for everyday life.
Our children learn all about how to live from watching the adults in their lives. If we eat well and are active, chances are they’ll grow up to do the same.

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

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Swap this
For this
Better still this
Playing computer games
Playing with a football or hula hoop
Sitting talking on the phone

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SATURDAY

PM - Family trip to the park

SUNDAY

AM - Walk around to Sue’s house

PM - Take the family out on the bikes

SATURDAY

AM - Wash the car

PM - Family trip to the park

AUGUST

MON - London Zoo
TUE - Play at the playground
WED - Climb the local tree
THU - Play at the park
FRI - Play with a friend
SAT - PM - Play at the park
SUN - AM - Play at the park
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 all 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. Choose something you can do as a family together. 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 frisbie 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

Better still this

Involving 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

Swap this

For this

Better still this

Staying indoors on bad weather days

Use household chores as a fitness class or take the family on a trip to an indoor playground

Playing with a hula hoop

Playing with a football

Playing games

Playing ball games

Playing computer games

Playing football and bad weather days

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

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**Get moving**

Get moving

How many hours a day do you 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 trips to the cinema for a trip to the park
- Swap trips in the car for walking the dog
- 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

**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 joining in local activities. Remember, all activity counts, even house work.

- Swap trips to the cinema for a trip to the park
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**Bring the right gear**

- 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 this**

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<tr>
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<th>Staying active</th>
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<tr>
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**Involving your family and friends**

Getting active boosts the ‘happy hormones’ so get going!

- Involve your friends and family
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SATURDAY

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SUNDAY

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