



BNF  
**Healthy Eating**  
Week

## Your Challenge

Get active every day  
– move more, sit less!

Choose some activities everyday that:

- Make you feel warmer
- Make you breathe harder
- Make your heart beat faster



Move more and sit less! Try to:

- Move around during breaks and lunchtimes
- Walk instead of travelling by car or bus
- Get busy at the weekend – do your chores to music, go for a family walk, try a new activity

# What will you do?

