



Healthy Lifestyle Tips From Your School Nursing Team



Eat a minimum of 5 servings of fruit and vegetables per day

- **Trying New foods**
Try and encourage 3 bites each time. It can take 7-10 times to begin to like new foods! Try adding them to foods you already make, like pasta, soups, pizzas, rice and casseroles.
- **Eat as a family**
Do not underestimate the importance of sitting together for meal times, even if only for 10-15 minutes.
- **Role Model**
Be a good role model and try new foods yourself. Have at least one vegetable with each meal!
- **Servings**
1 Recommended Serving for ADULTS = 1/4 cup of dried fruits, a whole fruit the size of tennis ball.
1 Recommended Serving for CHILDREN = the size of the palm of their hand e.g. a handful of grapes



2 hours or less screen time

- **Recommended Healthy Screen Time**
Under 2's = Preferably no screen time for children
2-5 year olds = 1 hour or less
Over 5's = 2 hours or less
 - **Basic screen rules**
Avoid having the TV on during mealtimes. No TV before homework or jobs done.
Have family rules for watching age appropriate shows.
No TV/computer in the room where children sleep.
- Try swapping TV for music and let the children dance!**



Minimum of one hour of physical exercise every day

- **Physical Activity**
Moderate activity means doing activities where your breathing increases. Vigorous physical activity means taking part in activity where you sweat and increase your heart rate.
Includes = walking, dancing, running, aerobics, playing on the park, swimming.
- **Benefits**
Physical activity makes you FEEL GOOD! It helps maintain a healthy weight. It gives you a happy heart and increases strength and fitness!
- **Basic Changes**
You can make basic changes as a family to increase your physical activity levels, i.e. going walking, dancing, using the stairs instead of a lift. Try parking an extra street away from the school/shops or where you need to go and walk that bit further!



Reduce intake of sugar

- **Sugary and fizzy drinks**
These have no nutritional value and are high in sugar! They can also contain acids that can erode the outer surface of the tooth. Some also may contain caffeine.
Cut back slowly on sugar-sweetened drinks and try adding fresh fruit i.e. lemon, orange and lime to water for some natural flavour.
- **Water is best!!**
Aim to drink between 6-8 glasses of water per day (depending on many factors such as age, gender, the weather and how much physical activity they do)
Water is the best choice of drink because it keeps you hydrated without risking damage to teeth and contains no sugar.



**For more information or support please contact your School Nursing Team on:
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