

# Our Healthy Year challenges: Fantastic fruit

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to be fit and healthy and have fun!

This month's challenge is Fantastic fruit. There are some ideas about how you can include more fruit in your family's diet below. All you need to do is choose the activities that you and your family will enjoy the most. See how many you can do!

If you have an Our Healthy Year Passport then you can use it to record what you do.

Are you ready for the Fantastic fruit challenge?



## Fantastic fruit



- Go to the supermarket together to see how many fruits you can name. Let your child choose their favourite fruits. You could make up some silly names for fruit too, such as Keith the Kiwi or Penny the Pineapple.
- Try an unusual or exotic fruit you haven't tried before!
- Go strawberry picking in the summer, or find blackberries in hedgerows during August and September – make sure you wash fruit before eating it.
- Talk about where different fruits come from and how they grow – you could use a map/globe to do this.
- Make a smoothie (no more than 150 ml to keep within healthy limits). You could also freeze the mixture in moulds to make healthy lollies.
- Cook a new or favourite recipe with fruit together – you could make simple fruit kebabs, or search [Change4Life](#) for ideas, such as Fruity French Toast.
- Check your family is having their 5 A DAY fruit and veg.

# Our Healthy Year challenges:

## Daily dance

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to be fit and healthy and have fun!

This month's challenge is Daily dance. There are some activity ideas below. All you need to do is choose the activities that you and your family will enjoy the most. See how many you can do!

If you have an Our Healthy Year Passport then you can use it to record your activity.

Let's dance!



### Daily dance

- Put on some of your favourite music and dance around the kitchen or in front of the bedroom mirror! Let your family take it in turns to choose a song.
- Have a party or a disco in your living room and invite your child's friends.
- Do an exercise or dance video together or use a dance mat.
- Make up a dance – you could base it on a theme such as different types of animal or dances from other countries.
- Suggest your child joins a dance club or school.
- If you are watching TV together, get up and dance during the adverts, or at the start and end of the programme.



# Our Healthy Year challenges: Get sporty

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to be fit and have fun!

This month's challenge is Get sporty. There are some activity ideas below. All you need to do is choose the activities that you and your family will enjoy the most. See how many you can do!

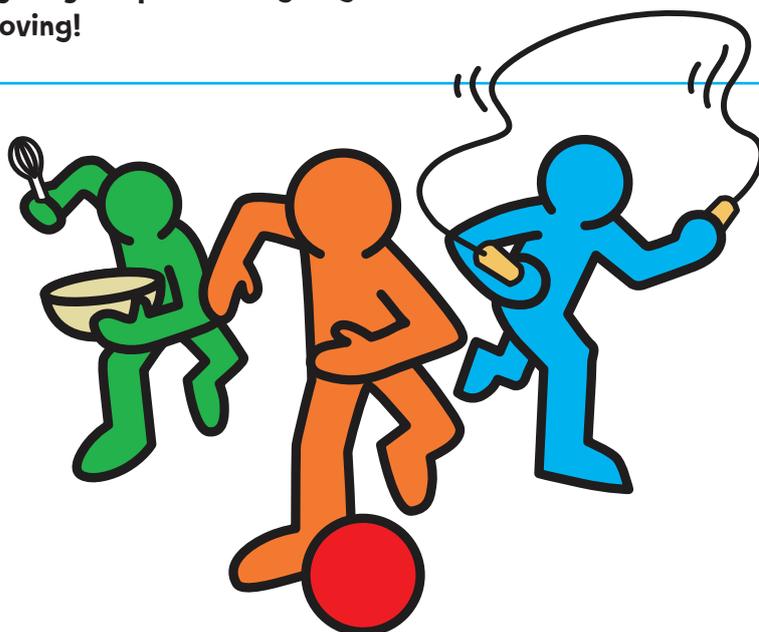
If you have an Our Healthy Year Passport then you can use it to record your activity.

Are you ready to Get sporty?



## Get sporty

- Have a family outing to the park and run some races (you could get your child to make up some different types of races like hopping, sidestepping or hurdles), see who can throw a Frisbee the furthest, or play tennis, football or rounders.
- Build an obstacle course in the garden or park.
- Go swimming, ice-skating or skateboarding.
- Suggest your child joins a team or club at school or in the local area to learn a new skill like karate or gymnastics.
- Not too sporty? Try ten pin bowling or go for a scooter or a bike ride – anything that gets you all moving!



# Our Healthy Year challenges:

## Healthy heart

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to be fit and healthy and have fun!

This month's challenge is Healthy heart. See how many activities you can do and check your family is doing the recommended amount of activity below.

If you have an Our Healthy Year Passport then you can use it to record your activity.

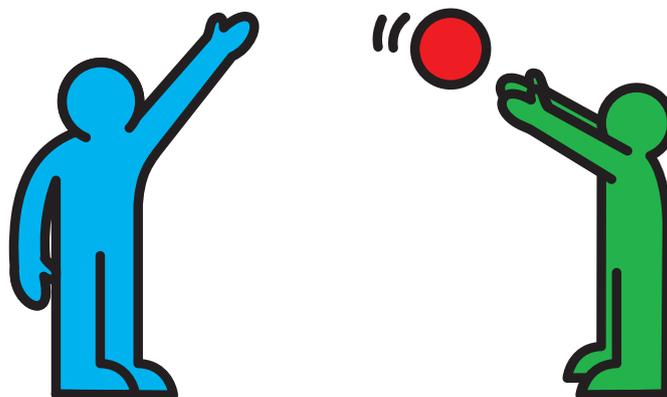
Are you ready for the challenge?

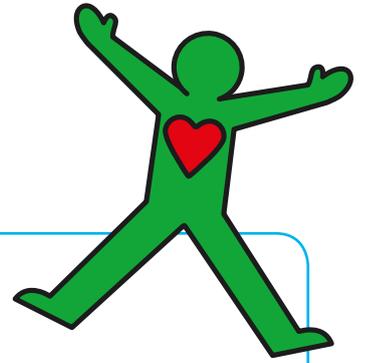


### Healthy heart

Building activity into your day keeps your heart healthy, reduces your risk of serious illness and strengthens muscles and bones. It can also be a great way of reducing your stress levels and lifting your mood if you're feeling down. It's not good for us to sit or lie down for long periods of time other than when we're asleep, so try to keep moving as much as possible!

- Adults need to be active for at least 150 minutes each week – housework, gardening, dancing and washing the car all count!
- Children under five need three hours of activity a day such as running around, active play (hide and seek, stuck in the mud), jumping on a trampoline, riding a bike, dancing, swimming, climbing, skipping and gymnastics.
- Children aged five to 16 need to be active for at least 60 minutes each day.





- Pick five different exercises to do around your house such as star jumps, hopping, running on the spot, commando roll (drop to the floor and roll over), or push ups against a wall or on the floor. Do each one for one minute and complete the round twice!
- Collect some old lolly sticks and write different exercises on each one such as one minute x high knees or 10 x squat jumps. Take it in turns to pick a lolly stick out and complete the exercises with friends or family. See how many exercises you can complete in 10 minutes!
- Play some relay race games in your local park or try taking part in your local park run. You could try to beat your personal best time each week.
- Try the 10 Minute Shake Up activities – search [Change4Life](#).

Remember to try and stay active for a period of 10 minutes or more to gain the healthy heart benefits. Check your heart rate and see if your family is doing the recommended amount of activity!



# Our Healthy Year challenges: Playground games

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to get fit and healthy and have fun!

This month's challenge is Playground games. There are some activity ideas below. All you need to do is choose the activities that you and your family will enjoy the most. See how many you can do!

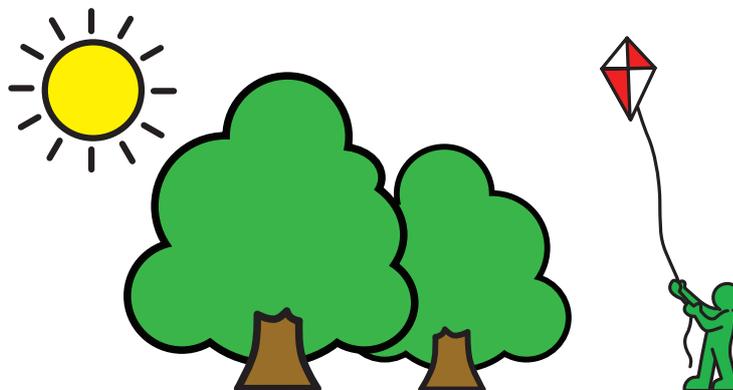
If you have an Our Healthy Year Passport then you can use it to record your activity.

Are you ready for the Playground games challenge?



## Playground games

- Ask an older member of your family to teach you all a game they used to play.
- Make up a game to play in the garden or in the park.
- If you can do it safely, try an exercise circuit round the house, in the garden, or at the park. Even running up the stairs uses energy!
- Try a game like Twister or play charades (you could jump to indicate the number of words instead of using your fingers).
- Get out a skipping rope, space hopper or hula hoop.
- Play hopscotch.



# Our Healthy Year challenges: Wicked walkers

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to be fit and healthy and have fun!

This month's challenge is Wicked walkers. There are some activity ideas below. All you need to do is choose the activities that you and your family will enjoy the most. See how many you can do!

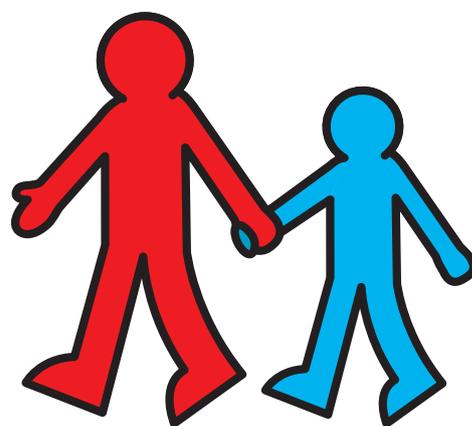
If you have an Our Healthy Year Passport then you can use it to record your activity.

Are you ready to get walking?



## Wicked walkers

- Go out for a walk even if it's just around the streets where you live. You'll be surprised how much you notice!
- Walk to the local shop for milk or a newspaper instead of buying it at the supermarket or online.
- Try counting the number of steps on the walk to school or the shops.
- Next time you go out, ask yourself whether you could walk or cycle instead of taking the car or public transport.
- Join in with a sponsored walk.
- Try the Couch to 5km challenge and get the whole family walking (search online).
- Check your local council's website to see if they have any guided walks.



# Our Healthy Year challenges: Mad about veg

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to be fit, healthy and have fun!

This month's challenge is Mad about veg. There are some ideas about how you can include more veg in your diet below. All you need to do is choose the activities that you and your family will enjoy the most. See how many you can do!

If you have an Our Healthy Year Passport then you can use it to record your activity.

Are you ready to be Mad about veg?



## Mad about veg

- Go to the supermarket together to see how many vegetables you can name – let your child choose their favourite ones.
- Try a vegetable you haven't tried before!
- Try some raw veg as snacks and make some healthy dips to go with them such as a tomato salsa, red pepper hummus or yoghurt and chive (search for recipes online).
- Try picking three different-coloured vegetables to have on your plate such as orange carrots, green cucumber and red pepper.
- Talk about where different vegetables come from and how they grow.
- Cook a vegetarian meal or make vegetable soup together – search [Change4Life](#) for ideas!
- Plant some seeds such as lettuce (which can be grown in a window box).
- Check you have your 5 A DAY fruit and veg.



# Our Healthy Year challenges: Sugar swap

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to be fit and healthy and have fun!

This month's challenge is Sugar swap. There are some ideas about how you can reduce the amount of sugar in your family's diet below. All you need to do is choose the activities that you and your family will enjoy the most. See how many you can do!

If you have an Our Healthy Year Passport then you can use it to record your activity.

Are you ready to make some sugar swaps?



## Sugar swap

- Go to the supermarket and try using the **Sugar Smart App** to see how much total sugar your favourite drinks and foods contain. Find out how to get the App on the Change4Life website. Search **Change4Life**.
- Make a sugar-free recipe – Search **Change4Life** for ideas!
- Spot the hidden sugar – look in your cupboards and check the labels on the tins and packets. Which things have sugar in them that you wouldn't expect to?
- Swap a sugary snack for a healthier one in your lunch box or at home.



# Our Healthy Year challenges:

## Healthy mind

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to be fit and healthy and have fun!

This month's challenge is Healthy mind. There are some ideas for how you can help keep your mind healthy and happy below.

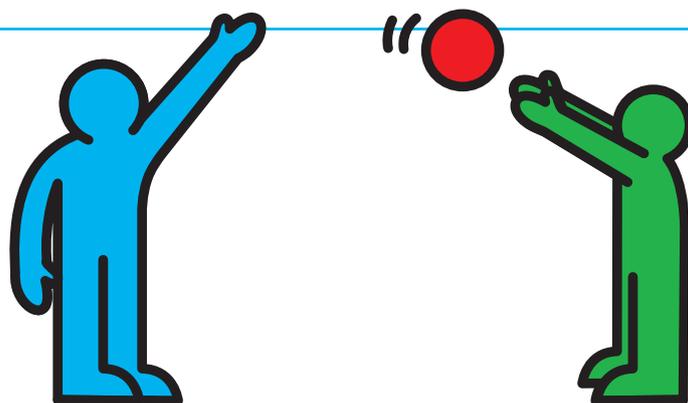
See how many activities you can do and if you have an Our Healthy Year Passport then you can use it to record your activity.

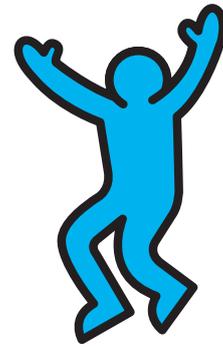
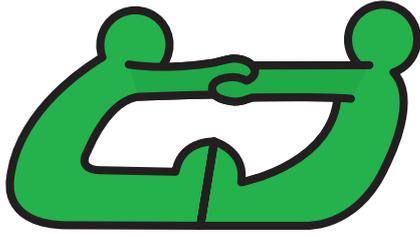
Are you ready for the challenge?



### Healthy mind

- Take notice of what you are doing each day rather than living on auto-pilot. Look at what you pass on your journey to school or work, or enjoy the taste of a food or drink rather than drinking or eating it really quickly.
- Make sure you get enough sleep and try to have a calming bedtime routine, like a bath and reading.
- Take five minutes out each day to be calm and feel relaxed – read a book or listen to some music.
- Spend a couple of minutes doing a breathing exercise: breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body, focus on how your breath moves in and out of your body and and let go of any other thoughts.
- Do something every day which makes you smile like going for a walk, chatting to a friend, playing a game or doing some exercise.





- If you have any worries, share them with someone you trust.
- Be mindful about how active you are by tallying up how much physical activity you do a day – exercise is a great way to relieve stress because it releases endorphins which make you feel good.
- Try doing some morning exercises, stretches, meditation or yoga poses as a family to get you ready for the day ahead.

# Our Healthy Year challenges: A healthy week

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to be fit and healthy and have fun!

This month's challenge is A healthy week. There are some ideas below. All you need to do is choose the activities that you and your family will enjoy the most. See how many you can do!

If you have an Our Healthy Year Passport then you can use it to record your activity.

Are you ready for your healthy week?



## A healthy week

### Meat-free Mondays:

- Have a meat-free Monday (or choose any day of the week) and cook with vegetables and pulses to make a vegetarian meal – there are lots of different types to choose from.
- Prepare some raw vegetables such as carrot sticks, chopped peppers or cucumber as part of your lunch or snacks for school.
- Try out some meat-free dishes using vegetables you haven't tried and alternative protein sources. You could try vegetable stir fry, sweet potato curry, butternut squash risotto, Quorn burgers, or a vegetable omelette.
- Make your own falafels or bake some crispy tofu bites and make them into a tasty wrap with your favourite crunchy salad or grated vegetables.
- Have fun and experiment making a vegetarian pizza with a cauliflower base and crust or try replacing some of your pasta with courgette spaghetti.
- Share your favourite and most successful recipes by sending them into school.





### Turn It Off Tuesdays:

- Turn off the TV and computers and do something different and more active.
- You could try a sport you have never done before or just do 30 minutes of exercise away from the screen.

### Drink More Water Wednesdays:

- Try replacing some of your hot or cold drinks with water.
- Measure how much you are drinking by having a water bottle to drink from.

### Sugar Swap Thursday:

- It's better to have less sugar every day, but make an extra effort on Thursday to swap sugary drinks and snacks for healthier ones.
- Keep a supply of healthy snacks to make sure you are not tempted by high sugar treats.
- Check the labels on your food to make sure you know the sugar content.

### Fishy Fridays:

- It is recommended that children and adults eat two portions of fish a week so make Friday one of your fishy days.
- Cook a different type of fish – pollock and mackerel are sustainable and cheap.
- Try a new fish recipe – search [Change4Life/recipes](https://www.change4life.org.uk/recipes).

