

Healthy lifestyle

Remember to look after your health we must eat healthy and include daily physical activity so switch off the TV and computer and get active.

Always start the day off with breakfast followed by a good night's sleep, this is a sure way for energy for the day and helps you concentrate more.

Eat plenty of fresh fruit and vegetables as there are so many vitamins and nutrients in both to help keep you healthy.




Eat more whole grains as they deliver vitamin B which helps build muscles and bones.



Did you know not only do sports like basketball, netball, tennis etc. help us keep fit but household chores are also ways of keeping active!!! So kids offer to help Hoover, dust or walk the dog...every little helps.

Parents, be role models for you children, take the stairs instead of the lift and allow children to be involved in the planning/preparation of meals if possible.

And don't forget to drink plenty of water to keep hydrated because did you know water has so many benefits as you can see below.....



Weight Loss

Relieves Fatigue

Digestion and Constipation

Regulates Body Temperature

Reduce the Risk of Cancer

Healthy Skin

Headaches and Migraines

Improves the Immune System

Solves Bad Breath

Improves Mood