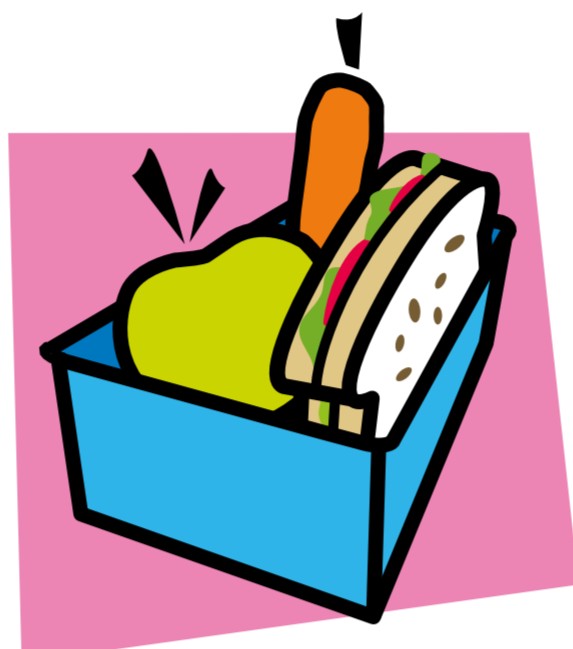


# Move Well Eat Well

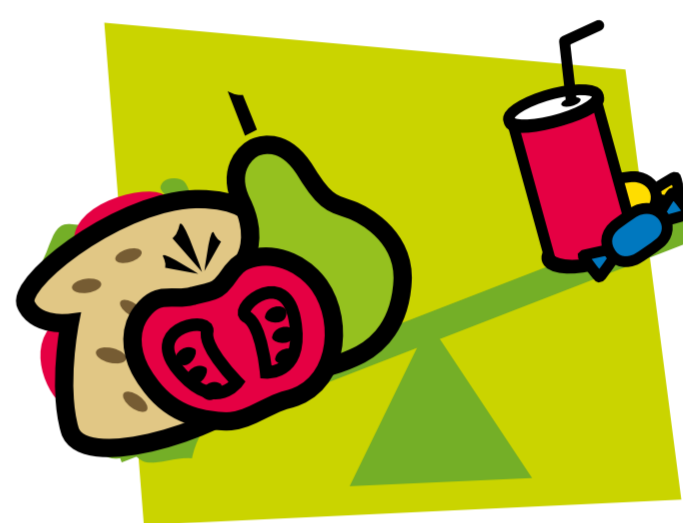
[www.movewelleatwell.tas.gov.au](http://www.movewelleatwell.tas.gov.au)



**TAP** INTO  
WATER  
EVERYDAY



PLANT  
**FRUIT & VEG**  
IN YOUR  
LUNCHBOX



**LIMIT**  
'OCCASIONAL'  
FOODS



**MOVE,**  
**PLAY**  
AND GO



**TURN OFF,**  
SWITCH  
TO **PLAY**



**STRIDE** AND  
**RIDE**