

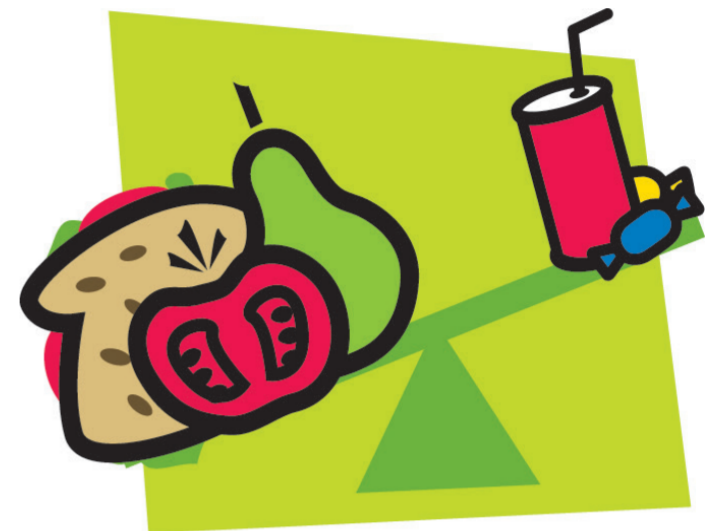
# Move Well Eat Well



**TAP** INTO  
WATER  
EVERYDAY



PLANT  
**FRUIT & VEG**  
IN YOUR  
LUNCHBOX



**LIMIT**  
'SOMETIMES'  
**FOODS**



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



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



**STRIDE** AND  
**RIDE**