

# Move Well Eat Well

## We are a Member school!

Our school is a Member of the *Move Well Eat Well* Award Program. This means we are working towards...

- Making water available as the preferred drink
- Enjoying fruit and vegetables everyday
- Making 'everyday' foods available at school
- Providing equipment and space for active play every day
- Making time for regular physical activity
- Enjoying walking or riding activities each term
- Positive school policies about healthy eating and physical activity for everyone

For more information and for family ideas on healthy eating and physical activity visit [www.movewelleatwell.tas.gov.au](http://www.movewelleatwell.tas.gov.au)



**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**