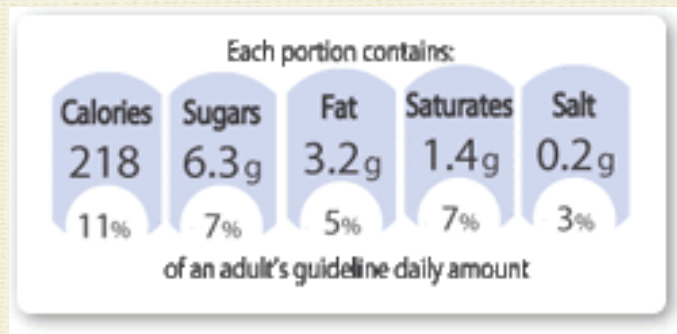




Festive Eating

Have a great festive season and check food labelling so that your intake of calories, sugars, fat, salt and saturates are within GDA's recommended amount.

Be more food aware and here is an example of what is on all food labels.



BE FIT AND HEALTHY

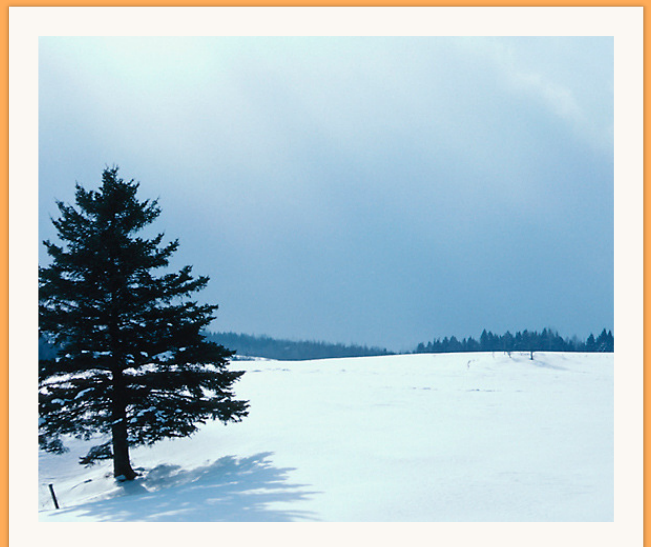
Go for a walk and this helps your circulation, bones and will burn up those calories.

Try the 1000 step challenge in about 10 minutes.

Take a good breakfast every day a great start to the day especially in the winter.

Have your 5 a day of fruit and vegetables.

Have some time to relax and read a book.



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