

NHS Tips for Parents to Keep your Children Healthy

- Be a good role model (be active and eat healthy yourself)
- Encourage 60 minutes, and up to several hours, of physical activity a day
- Keep to smaller food portions
- Eat healthy meals, drinks and snacks
- Less screen time and more sleep

<https://www.nhs.uk/live-well/healthy-weight/overweight-children-advice-for-parents/>



Food Tips for the family

1. Try weighing out your food. It is interesting and surprising to see how your portion sizes might compare to the recommended portion sizes for food.

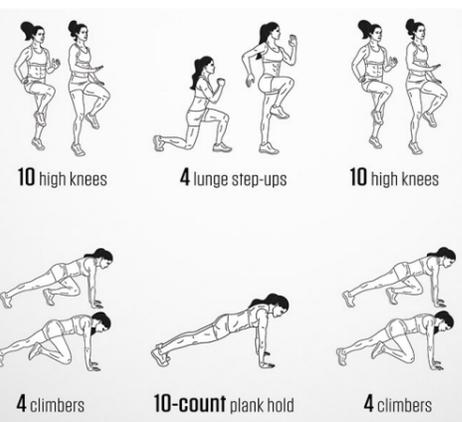
Eg: 40g of cereal

2. Switch to diet or zero calorie drinks.

Eg: diet coke.

3. Count your calories/record the food you consume. Try to keep calories below 2500.

A guide to help keep Active and Healthy during the Covid-19 Pandemic



Exercise Tips for the family:

1. **Go for a family walk.** Use an app to track distance and time. As a family try to increase the distance weekly.
2. **Have exercise breaks from video games.** After you end a mission or complete a level, complete an exercise.
3. **Create a family leader board of exercise.** Who has done the most exercise time in a day (eg: mum did 10 minutes of marching on the spot. Sister did 15 minutes of resistance exercises like press ups or star jumps).
4. **Create an indoor or outdoor game you can play as a family.** Eg: indoor socks golf (roll up a pair of sock and aim to throw them into a bucket, located at different areas of the house. Move around the house doing this).
5. **Aim for 60 minutes exercise in the day.** This can be broken down into smaller bursts. Eg: 5 minutes marching on the spot. 10 minutes of 1minute intervals of squats and lunges.
6. **Use the links on the PE section of the school website** for exercise ideas.