



**HEALTHY LIVING, HEALTHY FUTURE**  
**HELPING YOUR CHILD REACH THEIR FULL POTENTIAL**

*Inspiring minds through opportunity*

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[www.cyriljackson.towerhamlets.sch.uk](http://www.cyriljackson.towerhamlets.sch.uk)

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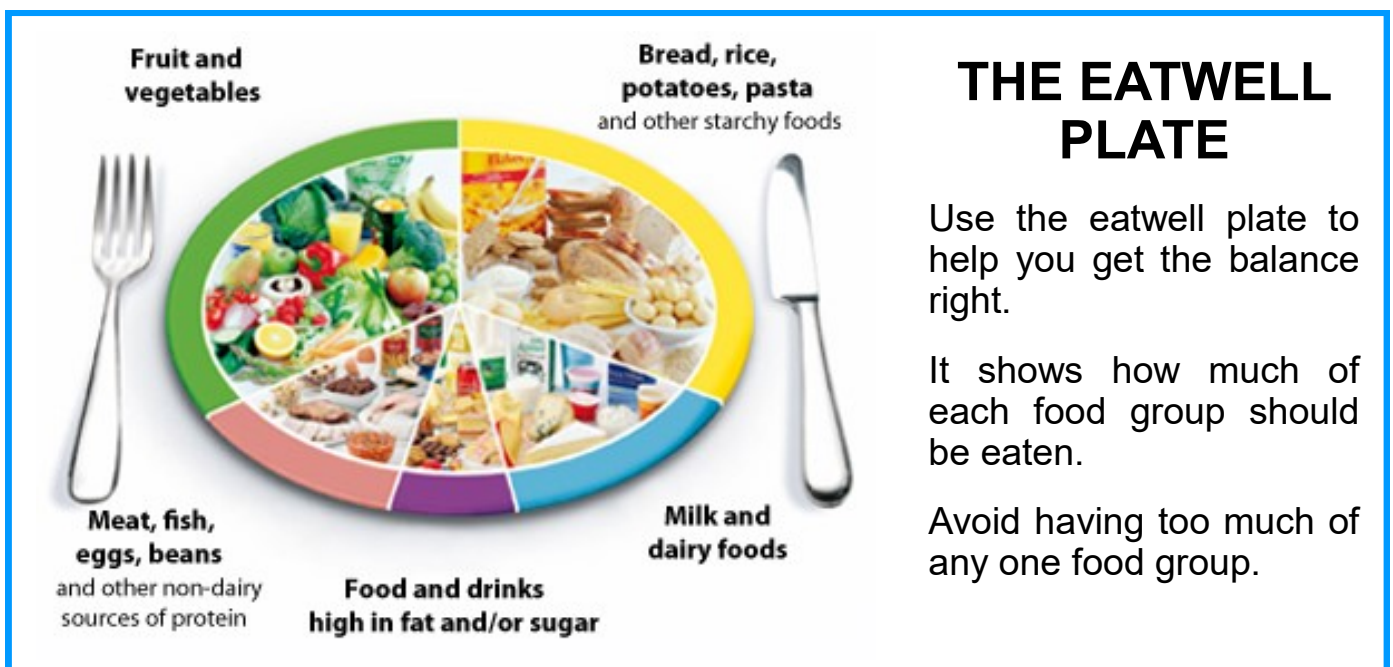
# Healthy living for everyone...

Healthy living is not just about what we eat, it is about what we do. Living a healthy life ensures that your child is alert and prepared for learning when at school. Children who eat fresh healthy food and exercise regularly are more likely to perform better at school and are less likely to have behavioural problems. Of course, what is best for our children is not always what they want! But it is vital to be patient and consistent with good eating habits to ensure your child reaches their full potential now in order to achieve in the future.



***‘Kids who eat better perform better at school’***

Source: Journal of School Health, 2008





# Steps towards good eating habits...



**AVOID** take-aways or buying processed foods and high sugar snacks when shopping - they only give a short term energy boost and can result in tiredness.

**BETTER** to give foods which release energy slowly. Try swapping sugar and salt rich snacks for healthier options, such as:

- a piece of fruit;
- a cup of blueberries/ raspberries/grapes;
- pitta/breadsticks with hummus
- a cup of carrot/bell peppers/ cucumber with hummus;
- some nuts or dried fruit.



The table below shows how much exercise is needed to burn off some of the most popular snacks children eat. If too much of these types of food is eaten and too little exercise is undertaken, it is easy to see how childhood obesity can reach high levels.

Serve small portions. If your child is still hungry, they will ask for more!

JUNK FOOD	EXERCISE NEEDED TO BURN OFF CALORIES
Doughnut (230 calories)	59 mins of walking (3 mph)
Burger King <i>Whopper</i> with cheese (770 calories)	94 mins of swimming (slow to moderate laps)
Large fries (540 calories)	77 mins of cycling
Vanilla ice cream ½ cup (270 calories)	29 mins of running
Pizza Hut large cheese pizza (1 slice = 320 calories)	39 mins of swimming





# Activ8 your family...

## 8 ways to get your family moving!

Instead of watching TV, why not try one of these...

- 1 Take advantage of **FREE** swimming at leisure centres in Tower Hamlets.  
See [www.swimmingoffers.org](http://www.swimmingoffers.org)
- 2 Go for a family walk and have a picnic in the park.
- 3 Play skipping rope games.
- 4 Visit one of our amazing **FREE** local museums, such as the Museum of Childhood or Museum of Docklands.
- 5 Walk along the river and enjoy beautiful views of London.
- 6 Play games at the park. Tag is always more fun with grown ups!
- 7 When travelling locally, try walking rather than using bus, train or car.
- 8 Play hopscotch - recently voted the greatest ever playground game!



For more information on ways to lead a healthy lifestyle, take a look at...  
[www.nhs.uk/change4life](http://www.nhs.uk/change4life)  
[www.towerhamlets.nhs.uk/recipeforfun](http://www.towerhamlets.nhs.uk/recipeforfun)  
[www.towerhamlets.nhs.uk/your-health](http://www.towerhamlets.nhs.uk/your-health)



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