

**join**



**the  
great**



**swapathon**



To find out how you can swap those unhealthy habits for healthy ones search 'Change4Life' online or join our Facebook group.

**change  
4 life**

Eat well Move more Live longer

# the great swapathon

## swap tips



- Swap sugary drinks for water, milk or unsweetened fruit juice

- Swap fry ups for grill ups

- Swap the sweetie jars for a bowl of fruit



- Swap snacking on the run for three meals a day

- Swap big plates to smaller plates

- Swap white bread for wholemeal

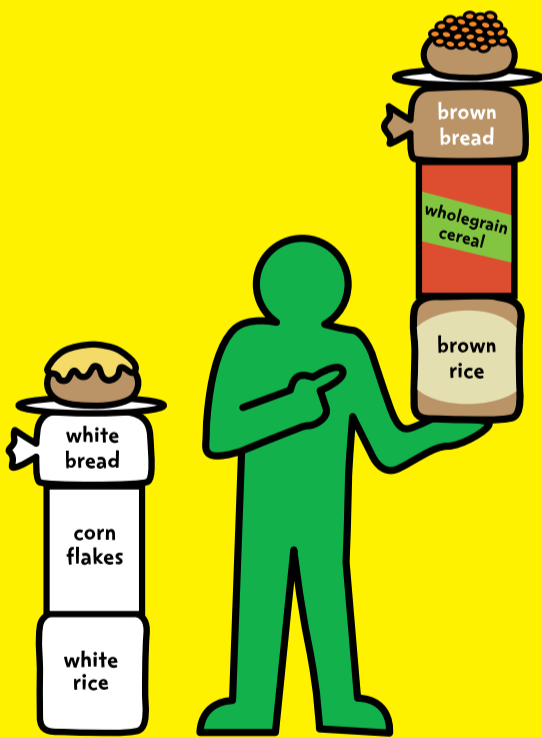


- Swap four wheels for two feet

- Swap sitting around indoors for racing around outside

- Swap the lift for the stairs

- Swap vegging on the sofa for a swim in the local pool



To find out how you can swap those unhealthy habits for healthy ones search 'Change4Life' online or join our Facebook group.

change  
4 life

Eat well Move more Live longer