

How can I help?

Pupils have been shown the challenge at school and may have also had the opportunity to register. If so, go straight to the login and enter their details. If they have not had the chance to register or if they have forgotten, please help them:

- Visit www.a-life.co.uk/challenge and enter the school details and password shown on the front page of this leaflet
- Pupils will then need to choose their own username and password (this can be the same simple word or letter if need be)
- Pupils will need this username and password every time they log on so they may want to write it down



Pupils may complete the challenge as many times as they like. Other family members may wish to join in the healthy challenge too. Simply re-register using a new username and password and the challenge can be completed as many times as you like.



Why change our lifestyles?

Studies have shown that sensible eating, drinking more water and moderate amounts of daily exercise can:

- ✓ Reduce severe **health** problems in later life, including diseases such as cancer and heart disease
- ✓ **Improve** the appearance of skin, hair and improve our general health
- ✓ Increase **academic** performance and **concentration** levels
- ✓ Have a dramatic impact on **behaviour**

We hope that following our visit, your child will be able to make better informed lifestyle choices. **For more information, please follow us on Social Media or visit our website:**



@Alife.healthy.schools



@A_lifeldt



@Alifeldt

www.a-life.co.uk

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7 Day Healthy Challenge

Dear Parent/s and carers,

This week a qualified coach from A-life has spent the day encouraging, teaching and developing your child's awareness of healthy living.

Following our visit, we offer the children the chance to complete the **7 Day Healthy Challenge**. The challenge is designed to follow up some of the messages we have been promoting in our workshops. Pupils can log onto our website and complete interactive quizzes on how to maintain a healthy lifestyle, while fun characters challenge them to log their own healthy habits. It should take around 5-10 minutes to complete each day.



To access the challenge:

Visit: www.a-life.co.uk/challenge

School Name: heatherside

Password: **fun**

(This will expire at the end of the term)

The challenge should be completed over 7 days. These days do not need to be consecutive. Once the challenge has been completed, pupils will receive a personalised A-life certificate.



Exercise

It is recommended that children participate in at least 1 hour of exercise every day.

Try to make exercise a daily habit by:

- ✓ Walking, cycling or scooting to school when possible.
- ✓ Finding out what physical activity your child enjoys and encouraging them in the sports they do at school.
- ✓ Finding out what after-school clubs are at school / in the local area and encouraging them to join.
- ✓ Planning in 'free time' activities that keep children active – football matches, walks in the wood, trips to the adventure playground, soft play centres.
- ✓ Arranging 'active' play-dates. It's often easier to motivate children to be active if they have someone to do it with. Going for walks with the dog, swimming, playing football, making up dance routines or using the trampoline in the garden are all activities that children like to do together.
- ✓ Taking them to watch or participate in their favourite sport (football, ballet, swimming...).



Eating

Generally we have too much fat, sugar, salt and additives in our diets. Children develop eating habits from a young age, so we recommend the following ideas to help train their appetites:

- ✓ Use the 'traffic light' system on food packages to keep a track of the amount of salt and sugar in the food you eat
 - Recommended salt intake for a child: max. 4g
 - Recommended sugar intake for a child 4 – 11: max 10-15g
- ✓ Grill or steam food rather than frying it. Trim off excess fat from meat.
- ✓ Send your child to school with a full tummy. A good choice is porridge as it contains slow releasing energy but good alternatives are brown bread (toast), fruit and yoghurt or non-sugary cereals such as Weetabix.
- ✓ Packed lunches should also contain slow release energy foods such as whole grain bread, pasta or rice. Avoid packing lots of high sugar / high fat foods which will cause the children a sugar 'slump' in the afternoon.
- ✓ Gradually replace white bread with brown (whole grain) bread.
- ✓ Where possible eat together as a family. Children will often copy adult eating habits.

