

Move Well Eat Well

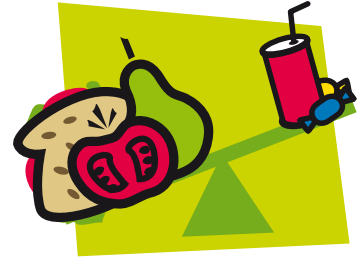
www.education.tas.gov.au/movewelleatwell



TAP INTO
WATER
EVERYDAY



PLANT
FRUIT & VEG
IN YOUR
LUNCHBOX



LIMIT
'OCCASIONAL'
FOODS



MOVE,
PLAY
AND GO



TURN OFF,
SWITCH
TO **PLAY**



STRIDE AND
RIDE