

# Move Well Eat Well

## We are an Award school!

Our school has achieved a *Move Well Eat Well* Award!  
This means we...

- Make water available as the preferred drink
- Enjoy fruit and vegetables everyday
- Make 'everyday' foods available at school
- Provide equipment and space for active play every day
- Make time for regular physical activity
- Enjoy walking or riding activities each term
- Have positive school policies about healthy eating and physical activity for everyone

For more information and for family ideas on healthy eating and physical activity visit [www.movewelleatwell.tas.gov.au](http://www.movewelleatwell.tas.gov.au)



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

Department of Health and Human Services

The Tasmanian Move Well Eat Well Award Program is adapted from the Kids - 'Go for your life' Program. © State of Victoria, Australia. It is a joint Australian and State Government initiative under the National Partnership Agreement on Preventive Health.



Tasmania

Explore the possibilities