

Congratulations

To



for achieving

Gold

in the

LIVE OUTSIDE THE BOX



primary school competition

for

- ✓ eating a healthy breakfast
- ✓ choosing water as a drink
- ✓ eating fruit and veg every day
- ✓ limiting the amount of 'sometimes foods'
- ✓ being physically active every day
- ✓ limiting time spent watching TV/computers



