

Congratulations

To



for achieving

Silver

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



