

# Show your heart some love this February



It's National Heart Health Month and we're here to help you and your family take gentle, everyday steps to look after your hearts together. Little changes to what you eat and how you move as a family can make a big difference. Here's some simple, fun tips to help everyone get involved.

## Activity 1:

### Move a little together, every day

Whether it's a mini dance off in the kitchen or a short family walk, small bursts of movement will keep everyone's hearts happy.



## Activity 2:

### Fill your plates with colourful foods

Boost meals with colourful fruit, veggies and wholegrains to grab kids attention.



## Activity 3:

### Get kids involved in the kitchen

Let them wash veggies, pick toppings or help stir. It makes healthy eating fun and helps them learn habits that stick.



Our free Beezee Families programme is here to help you feel healthier and happier as a family. Your heart works hard for you, so let's show it some love as a team!



## Want more healthy lifestyle support?

Check out our website to find out how we can help your family.\*

Scan here

or

Click the link

