

The six principles of

# Healthy Parents, Healthy Kids

Principle one

## Health not weight

Take the focus off weight. The healthy habits you form will ensure you program a set point or body weight that is optimum throughout life.



Principle two

## Reach for nature first

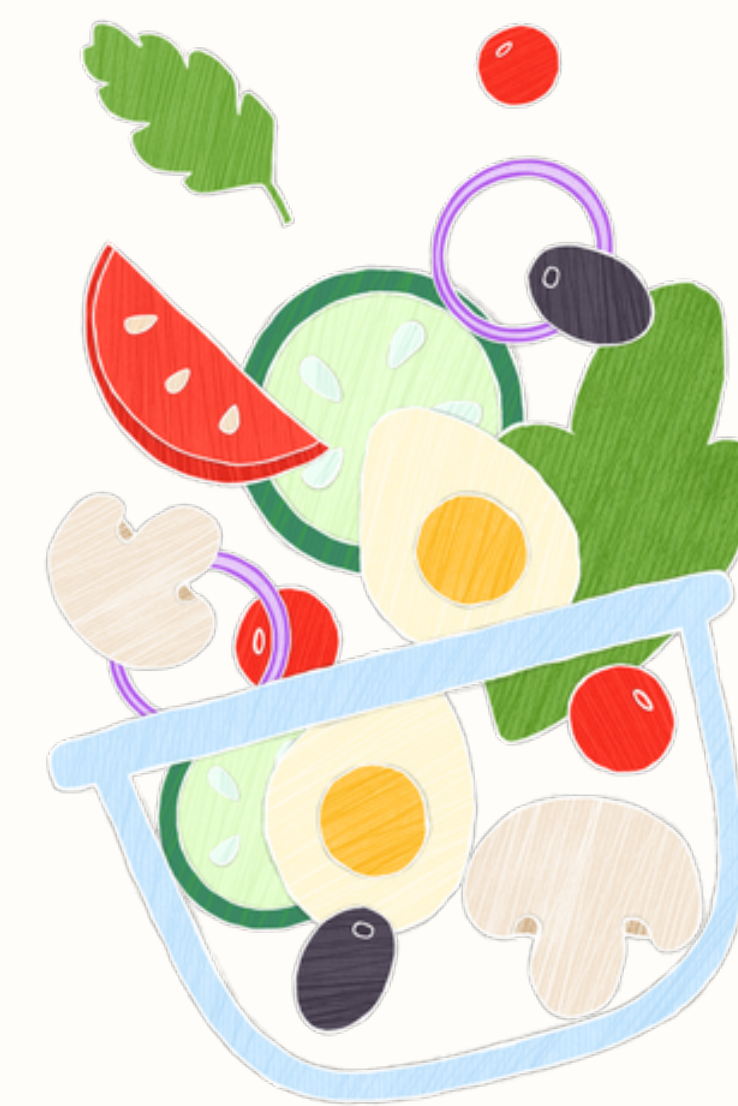
Retrain the brain and swap the processed goods for nature's treats.



Principle three

## Full rainbow

Don't bribe or force food. Focus on variety, including plenty of fruits, wholegrains, nuts, dairy, fish, beans, and vegetables of all colours. No food types are off limits.



Principle four

## Mealtime, feelin' fine

Sit down at the dinner table and eat together as a family. Involve the whole family in meal preparation and serving.



Principle five

## Play everyday

Offer opportunities to play every day. Focus on a variety of different activities and different environments.



Principle six

## Screen time showdown

Switch off technology for two hours before bedtime. Spend time together as a family.

