1000 TWEAKS TO FEELING GREAT

Little changes for a big difference

A TWEAK A WEEK
Tweak 1

We will swap sugary drinks for water

Reduce your sugar intake by drinking water

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Tweak 2

We will not have any screen time for 1 hour before bed

Find out more by searching ‘Healthy sleep tips for children’ at nhs.uk

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Tweak 3

I will make sure my children get enough sleep

Find out more by searching ‘How much sleep do I need?’ at nhs.uk

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Tweak 4

We will try making a Change 4 Life recipe together this week

nhs.uk/change4life/recipes

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Tweak 5

One day this week we will walk to the park

To find your nearest park go to leicester.gov.uk/parks
Tweak 6

We will swap to a lower sugar breakfast cereal.

Download the Change 4 Life Food Scanner App & see the amount of sugar in your food.