Make Healthy Normal campaign creative - families

THINK NORMAL IS GIVING YOUR CHILD FRUIT JUICE DAILY?

RETHINK NORMAL.
A JUICE SERVE HAS ABOUT 3 TEASPOONS OF SUGAR. TOO MUCH SUGAR CAN LEAD TO CHILDHOOD OBESEITY AND SERIOUS HEALTH ISSUES.

MAKE HEALTHY NORMAL
EVERY DAY MINI CHALLENGE #11

REDUCE SCREEN TIME, INCREASE GREEN TIME.

MAKE HEALTHY NORMAL
EVERY DAY MINI CHALLENGE #13

THINK NORMAL IS 2+ HOURS IN FRONT OF A SCREEN?

RETHINK NORMAL.
TOO MUCH SCREEN TIME CAN LEAD TO CHILDHOOD OBESEITY AND SERIOUS HEALTH ISSUES.

MAKE HEALTHY NORMAL
EVERY DAY MINI CHALLENGE #09

THINK NORMAL IS GIVING CHILDREN UNHEALTHY SNACKS?

RETHINK NORMAL.
REGULAR SERVES OF HIGH SUGAR, HIGH FAT FOODS CAN LEAD TO CHILDHOOD OBESEITY AND SERIOUS HEALTH ISSUES.

MAKE HEALTHY NORMAL
EVERY DAY MINI CHALLENGE #12

MAKE WATER THEIR REGULAR DRINK.

RETHINK NORMAL.
SUGAR DRINKS CAN HAVE 10 TEASPOONS OF SUGAR WHICH CAN LEAD TO CHILDHOOD OBESEITY AND SERIOUS HEALTH ISSUES.
MAKE HEALTHY NORMAL

كيف تجعل الأساليب الصحي أمراً طبيعياً:

قلل من الوقت أمام الشاشات، زد من الوقت في المساحات الخضراء.

MAKE HEALTHY NORMAL

làm thế nào để chuyển có được sức khỏe tốt là bình thường:

UỐNG NƯỚC LẠNH THAY VỚI UỐNG NƯỚC NGỌT.

MAKE HEALTHY NORMAL

如何让健康成为常态:

少看屏幕，多去户外。
• Healthier food and drink at events
• Make water available
• Include physical activity for staff and clients
• Support with cooking skills and healthy snacks
• Vegie gardens
• Healthy prizes – fruit and veg or sports equipment