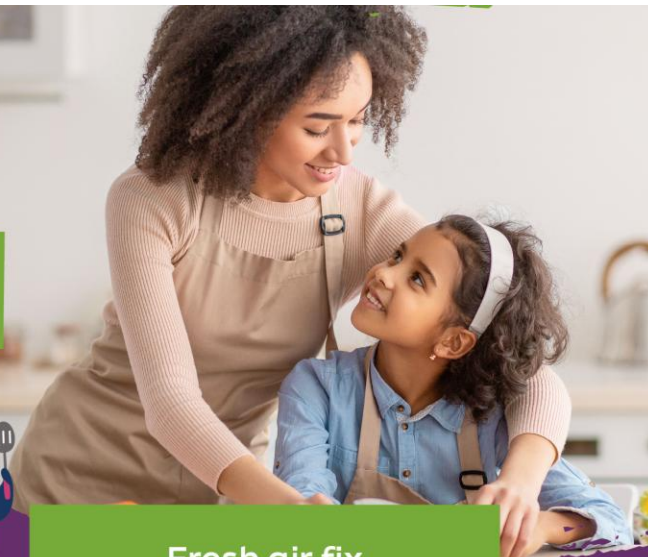


Changing habits keep

you healthy...all year long!



Our free Beezee Families programme is here to help you feel healthier and happier as a family.



Top Tips to brave those winter mornings

Keep hydrated: This is a sure-fire way to get our bodies fired up in the mornings. A fresh glass of water will give your body the boost it needs to start the day.

Breakfast: There is a reason it holds the title as the most important meal of the day! Make sure little (and grown up) tums don't leave the house empty, it's important to have a good healthy breakfast to give our bodies the energy they need.

Sleep: Its important no matter your age to get enough sleep and sticking to regular sleep patterns can help support this.

Healthy lunch boxes

Keeping school lunch boxes interesting can be a challenge at the best of times so we appreciate how hard it is to make sure they are kept healthy too.

But healthy doesn't have to be a chore, it can actually make life much easier!

Fruit is a great way to give little ones a boost of energy and if bought in packs will generally last the whole week and keep costs down too. A satsuma, banana or small handful of grapes will add a tasty (and vibrant) addition to their lunch boxes.

Fresh air fix

It's tough during the colder months to find ways to get our much-needed Vitamin D.

Fresh air is a great way to improve both our physical and mental well-being and even short bursts of outdoor time can make a big difference.

Try swapping the car or bus for a short walk from time to time or get the little ones wrapped up and outside for a quick play in the park.



Scan here

or

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healthyhounslow.co.uk



Want more healthy lifestyle support?

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

*Our courses are designed for families with children aged 5 and up