

# The Nottingham healthy child makes choices that keep their body healthy by...



**ACHIEVE WELL TEAM**

Empowering wellbeing,  
elevating achievement

**Not eating too much  
sugary food**

**Finding  
time to  
get fresh  
air**

**Staying  
hydrated to  
keep their  
body working  
well**

**Taking  
time to  
rest and  
recharge**

**Eating a variety of  
nutritious foods**

**What  
healthy  
choice will  
you make  
today?**



These tips are shared by Nottingham children.



**Nottingham  
City Council**