

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



ACHIEVE WELL TEAM

Empowering wellbeing,
elevating achievement

Drinking water, eating well, and getting enough rest

Finishing their vegetables to fuel their body

Getting plenty of sleep

Knowing their limits and avoiding unnecessary risks

Enjoying healthy snacks like apples, bananas, and grapes, and drinking water

What healthy choice will you make today?



These tips are shared by Nottingham children.



**Nottingham
City Council**