



Small steps 4 life

It's easy to get started, choose a challenge today and join other kids as you take your small steps to eat well, get active and feel good.

For more information visit:
smallsteps4life.direct.gov.uk

six small steps to feeling great!



1

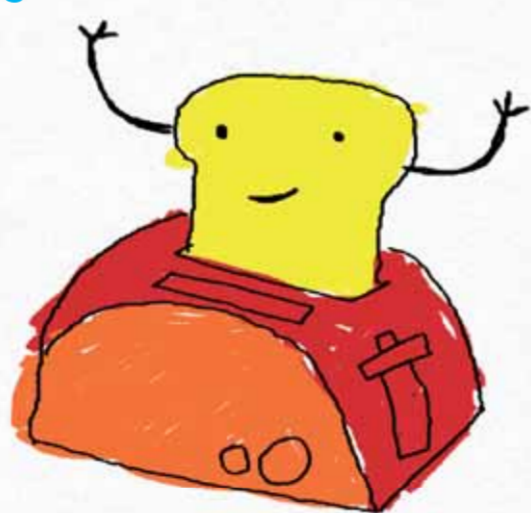
Get Started - Explore the web site and join other students and schools having fun with SmallSteps4Life.

2

Choose a challenge - It's all about what you want to do! Find a challenge to help you eat well, get active and feel good.

3

Let's go - Keep it simple and take one step at a time. Don't forget to use your tracker to create your very own challenge journey.



4

Keep it going - Stick with your challenge for at least 4 weeks. To help, why not buddy up with a friend or someone in your family.

5

Share - Shout out about what you and your friends are doing through your school's very own page on the website. Also, why don't you create your own challenge on the website.



6

Celebrate - It's exciting when you achieve something so make sure you celebrate and tell everyone about it.



FOOD
STANDARDS
AGENCY

