

six small steps to feeling great!

1

Get Started – Visit the web site, see how you can get involved and join in having fun with SmallSteps4Life.

2

Choose a challenge – It's all about what you want to do! So if you can't find a challenge on the website that fits your needs why not create your own and tell us all about it.

3

Let's go – Keep it simple and take your challenge in achievable chunks. Use your tracker to record progress – sketch out your thoughts and activities.

4

Keep it going – Stick with your challenge for at least 4 weeks. Team up and support each other through any difficult times. Why not use the website to tell others how your challenge is going.

5

Share – Shout out about what you and your friends are doing through your school's very own page on the website. Use the class poster to showcase doodles, stories and pictures that capture your SmallSteps4Life journey.

6

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

small steps 4 life



It's easy to get started, choose a challenge and join your friends as you all take small steps to eat well, get active and feel good. For more information visit:

smallsteps4life.direct.gov.uk



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