To find out how you can swap those unhealthy habits for healthy ones search ‘Change4Life’ online or join our Facebook group.
• Swap sugary drinks for water, milk or unsweetened fruit juice
• Swap fry ups for grill ups
• Swap the sweetie jars for a bowl of fruit
• Swap snacking on the run for three meals a day
• Swap big plates to smaller plates
• Swap white bread for wholemeal
• Swap four wheels for two feet
• Swap sitting around indoors for racing around outside
• Swap the lift for the stairs
• Swap vegging on the sofa for a swim in the local pool

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