



Greater Victoria **ACTIVE**
COMMUNITIES
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Eat Well Get Moving!

Eat Well Get Moving!

... is a fun program that aims to get children more active and eating more vegetables and fruit. Program highlights include ...

- 🍎 **FREE**, annual program in schools from February 1 to April 30
- 🍎 Children track their activity and vegetable and fruit servings each day
- 🍎 UVIC Youth Against Cancer Peer Team can visit schools as healthy living role models to present program key messages through use of skits and interactive activities
- 🍎 There are great prizes for students, classes and schools
- 🍎 Crunchy the Carrot mascot is available to visit schools to bring excitement and enthusiasm for the program



Key Messages

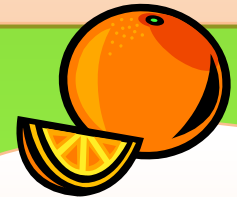
- 1) Children need at least 60 minutes of physical activity every day for their physical and mental health and well being.
- 2) Physical activity can be a part of every school day. In the classroom, gym or on the playground, any form of physical activity benefits children.
- 3) Vegetables and fruit are staples in a healthy diet. Healthy foods are essential for growing healthy minds and healthy bodies.
- 4) Children need at least 5 servings of vegetables and fruit every day. Encourage children to eat different vegetables and fruit at each meal and snack time.
- 5) Include healthy eating and physical activity in your school health plans as part of a comprehensive approach to creating healthy school environments.

Teachers said:

"Thanks a lot! I really like using the Eat Well Get Moving program and appreciate very much that it is accessible and free."



"Thank you very much. I think the program is excellent."



"We really enjoyed the programme, and are looking forward to participating next year. Thank you."

