

Move Well Eat Well



**TAP INTO
WATER
EVERYDAY**

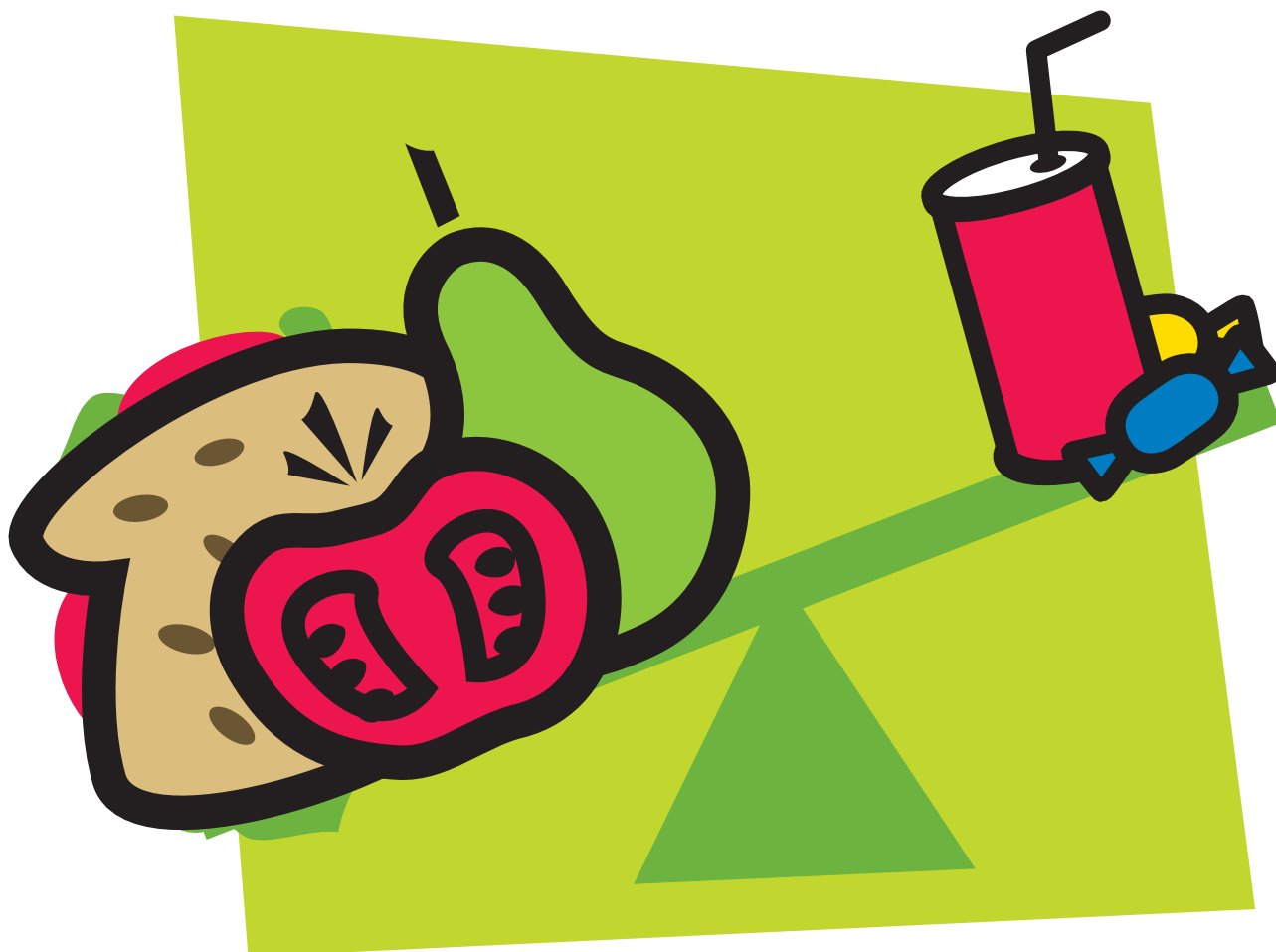
Move Well Eat Well



**PLANT
FRUIT & VEG
IN YOUR
LUNCHBOX**

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Move Well Eat Well



**LIMIT
'SOMETIMES'
FOODS**

Move Well Eat Well



**MOVE,
PLAY
AND GO**

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Move Well Eat Well



**TURN OFF,
SWITCH
TO PLAY**

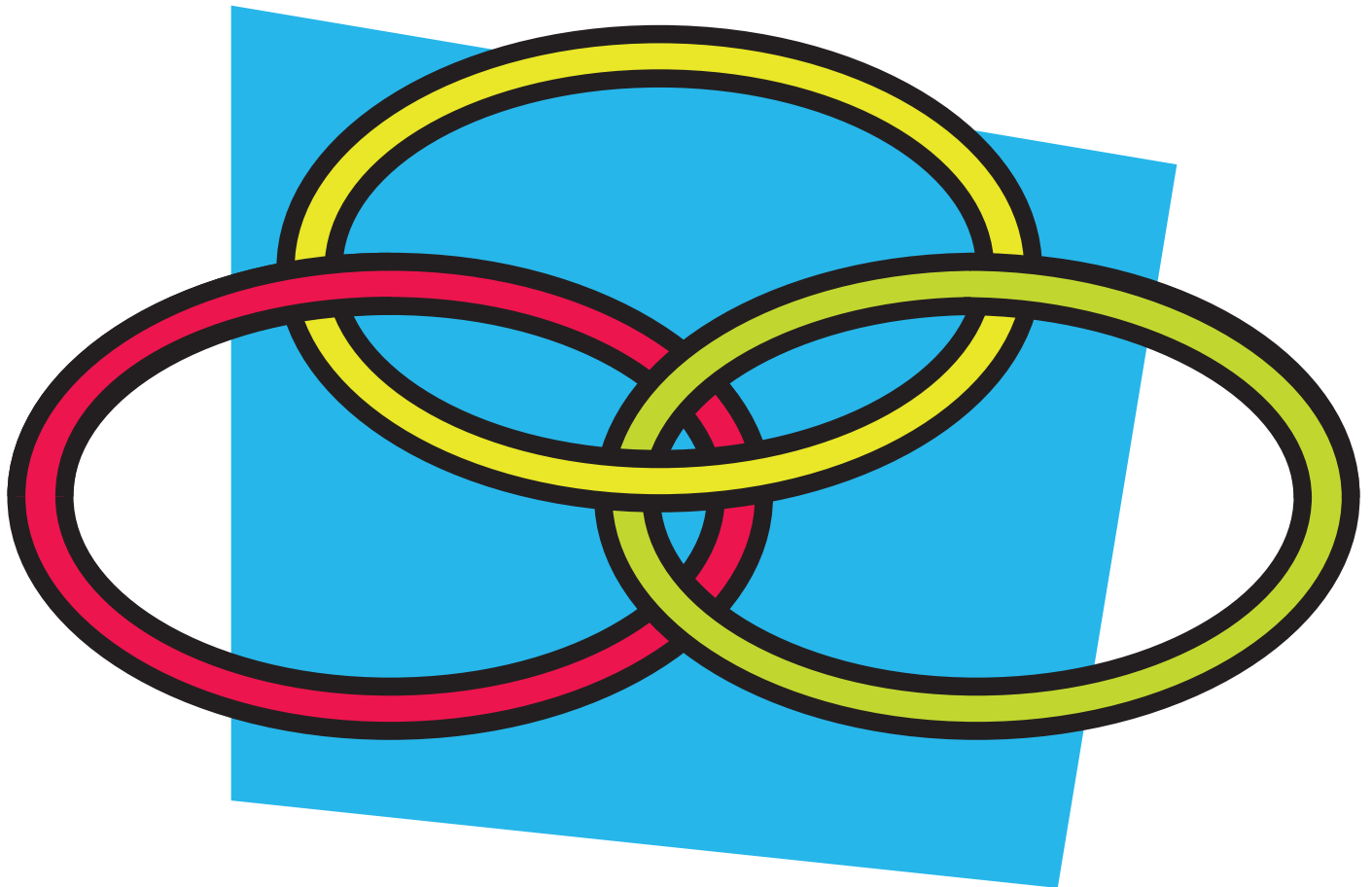
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**STRIDE AND
RIDE**

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**HEALTH
PROMOTING
SERVICE**

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