

# Hello Easter Holidays!



Longer days, lighter mornings and a fresh little window to reset as a family. This Easter break, let's move more, eat well, and feel good together with no pressure, just progress. Here's a few tips to get you started;

## Activity 1:

### Get active as a family

Park trip, bike ride, or follow along movement video



## Activity 2:

### Try a mini "mission"

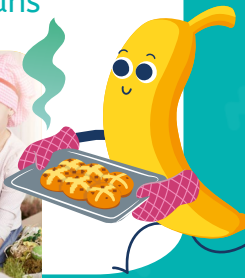
A nature walk, screen free hour, new fruit/veg, or learn some new dance moves



## Activity 2:

### Keep it simple with food

Why not bake something wholesome together like Easter carrot cupcakes or wholemeal hot cross buns



Our free Beezee Families programme is here to help you feel healthier and happier as a family. Hop into a healthier you this Easter holidays and see the difference all year round!



## Want more healthy lifestyle support?

Check out our website to find out how we can help your family.\*

Scan here  
or

Click the link

