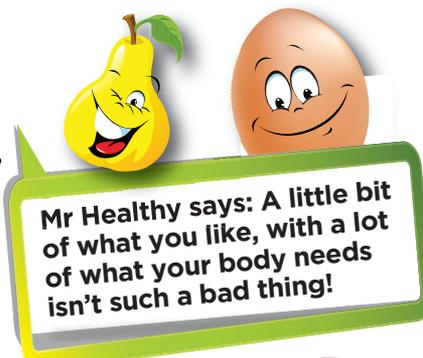


Mr. Healthy

 lifestyle coach



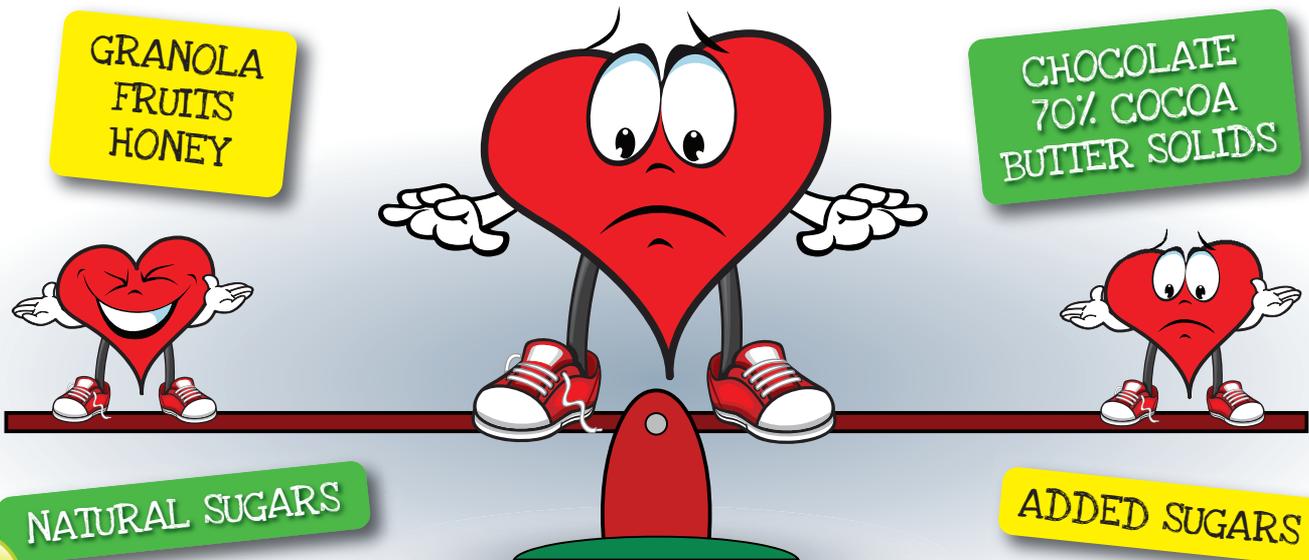
Mr Healthy says: A little bit of what you like, with a lot of what your body needs isn't such a bad thing!

WAKE UP "N" SHAKE UP

The ideal way to start your day, the Mr Healthy way!

GRANOLA
FRUITS
HONEY

CHOCOLATE
70% COCOA
BUTTER SOLIDS



NATURAL SUGARS

ADDED SUGARS



BALANCE YOUR BREAKFAST!

With 1 in 3 primary school leavers being deemed obese by our government a healthy nutritious start to the day is essential for your children to maximise their education. Their balanced breakfast will only be achieved with parental support. PTO for a sneak preview of the Mr Healthy parent and child Breakfast Booklet. A fold over including the Mr Healthy breakfast bar recipe, the balanced breakfast fridge planner and bursting with rise "n" shine ideas to ensure your children will snap crackle and pop.

Lesson: WAKE UP N SHAKE UP, the ideal way to start the day!

AGE: YRS
1,2,3,4,5&6.

AIMS: Understand the need for a balanced breakfast, how to achieve one and sustain one. Also how exercise can aid the mind ready for school.

OBJECTIVES: 1) Appreciate the importance of breakfast, 2) understand the need to balance the breakfast. 3) Be able to balance the breakfast, 4) list 15 breakfast foods. 5) Stretch the body, 6) stretch the mind and 7) identify how to organise for school.

FOOD FOCUS: Breakfast foods.

GAMES: Wake up n shake up, bin your breakfast, the balanced breakfast twist. Milk Magic. Hands up, the breakfast bean brawl then "snap, crackle and bop". Eyes down for Healthy breakfast bingo, the runny egg race, Action station attention! The toast, can you balance your breakfast team game and True or False.



The cost is £275.00 per day to coach 4 x 1 hour sessions to include all fully ofsted..able learning materials, foodie game resources, healthy allergy conscious food prizes, never forgetting a fresh fruit and vegetable toast to a healthy lifestyle. **Please visit the web site for a completed lesson plan.**



The Parent Page

FEED YOUR IMAGINATION
AND HAVE FUN WITH BREAKFAST!



WHY A BALANCED BREAKFAST?

You are what you eat! What your child eats now will affect their long term health. Fact! the government have just announced 1 in 3 primary school leavers are obese, a frightening admission. Scientific research has proved a child who starts their day with a healthy balanced breakfast will have; 1) Improved concentration levels, 2) improved problem solving skills, 3) better eye to hand co-ordination, 4) level behaviour patterns and therefore improved academic performance.

HOW TO ACHIEVE A BALANCED BREAKFAST:

Mr Healthy believes a successful and sustained healthy balanced breakfast can only be achieved by; Parents working with children, both having a creative and open mind and adopting a planned and organised approach. Children aren't naturally interested in healthy eating, so guide them, intrigue them, involve them and have fun with them. Encourage them to shop, play spot the fruit and vegetables, ingredient hunt, have a food of the day, let them create a fruit bowl.

It's your child's balanced breakfast give them ownership? Let them plan, organise and help prepare their breakfast and why not the night before?

Why not start with the Mr Healthy breakfast bar? it's a tasty triumph. Like any successful breakfast, it's quick, easy and cost effective. You can make the night before, make in bulk, it will store well, is an ideal snack attack and is guaranteed to "liven up your lunch box", another Mr Healthy session coming soon.

BREAKFAST IDEAS: (a sample to savour) Why not vegetables?

- 1) Most kids love sweetcorn, make a sweetcorn "cup a soup", from last night's soup? Protein up, add chicken strips.
- 2) Thinly sliced tomato, decorative design, snipped Basil, sprinkle Lo-Salt, Clingfilm. Let your child place onto a radiator or boiler for 20 mins whilst they exercise. Remove the Clingfilm, WOW! Protein up, add Bacon bits.
- 3) Your Child's vegetable kebabs, made from last night's ratatouille.
- 4) Wholemeal pitta pockets, stuffed with last night's stir fry.



The Mr healthy fridge Breakfast Planner

(Include: Carbohydrates, Proteins, Fruit, Vegetables, Dairy and Water) Balance your Breakfast!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Poached Egg on Toast - Banana & Passion fruit Milk shake	Granola, Berries & yogurt - Fresh Orange Juice	Museli, dried Tropical Fruits Skimmed Milk - Apple or Pear	Tomato, Basil & Bacon Bit Salad - Fresh Fruit Smoothie	Egg n Soldiers - Fresh Fruit Salad	Mr Healthy Breakfast Bar - Bag of dried Fruit	Porridge, honey & Seeds - Melon Wedge

ECO SAYS;
LOVE FOOD,
HATE WAIST!



SO MUCH MORE THAN A WORKOUT,
Mr HEALTHY IS A LIFELONG
LIFESTYLE EDUCATION!



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