

SCOSA

Kick it

Sunday 1 November 2015



Ideas of habits to kick

Here are some suggestions of bad habits you may want to kick or new positive behaviours that you can adopt to maximise your potential!



Adults

I will: _____

- Walk at least 4 times a week for 30 minutes
- Make more time for family every day
- Cut my sugar intake by half
- Eat 5 serves of veggies & 2 pieces of fruit every day
- Quit smoking
- Get a full health check-up annually
- Eat more high fibre foods
- Have no more than 2 standard drinks of alcohol per day
- Get an annual skin cancer check
- Volunteer for a community organisation
- Get to my optimal weight
- Ensure our family eats less processed foods
- Purchase SA Produce
- Offer my assistance if a friend or colleague looks in need

OR I will _____ (my personal choice)



Children

I will: _____

- Watch no more than an hour of TV each weeknight
- Go outside for a minimum of one hour every day
- Cut back on junk food
- Wear sun block and a hat when I am outside
- Spend less time playing computer and iPad games
- Stop drinking soft drinks
- Do some kind of physical activity or sport every day
- Have sweets no more than 3 days/week
- Eat some fruit and vegetables every day
- Make friends with people at school who seem shy
- Be kinder to everyone (no bullying)
- Go and say hello to new kids in my class
- Stop littering to protect our environment
- Get at least 8-10 hours of sleep every night
- Read at least 3 times a week

OR I will _____ (my personal choice)

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