



Top Tips to brave those winter mornings

Keep hydrated: This is a sure-fire way to get our bodies fired up in the mornings. A fresh glass of water will give your body the boost it needs to start the day.

Breakfast: There is a reason it holds the title as the most important meal of the day! Make sure little (and grown up) tum's don't leave the house empty, it's important to have a good healthy breakfast to give our bodies the energy they need.

Sleep: Its important no matter your age to get enough sleep and sticking to regular sleep patterns can help support this.

Beezee
FAMILIES



Changing habits keep you healthy...all year long!

Our free Beezee Families programme is here to help you feel healthier and happier as a family.



Healthy lunch boxes

Keeping school lunch boxes interesting can be a challenge at the best of times so we appreciate how hard it is to make sure they are kept healthy too.

But healthy doesn't have to be a chore, it can actually make life much easier!

Fruit is a great way to give little ones a boost of energy and if bought in packs will generally last the whole week and keep costs down too. A satsuma, banana or small handful of grapes will add a tasty (and vibrant) addition to their lunch boxes.

Fresh air fix

It's tough during the colder months to find ways to get our much-needed Vitamin D.

Fresh air is a great way to improve both our physical and mental well-being and even short bursts of outdoor time can make a big difference.

Try swapping the car or bus for a short walk from time to time or get the little ones wrapped up and outside for a quick play in the park.



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*Our courses are designed for families with children aged 5 and up