

Make 2021 A Smiley Year With Healthier Lifestyle Choices



Swap out added sugar foods and drinks for ones that are kinder to your teeth



**Time to get moving.
Sports and active hobbies are a great way to get moving.**
Adults aim for at least 30 minutes activity every day. 5 – 18 year olds aim for at least 60 minutes activity every day.

Why not take a look at www.nhs.uk/change4life to find out about sugar swaps and sports and activities that you can do.

And don't forget that to keep your teeth in tip top condition.....

Visit the dentist regularly

Brush your teeth twice a day for two minutes using a fluoride toothpaste