

healthy body, happy me

our annual healthy lifestyle campaign for children at nursery

Healthy body, happy me is NDNA's annual healthy lifestyle campaign which aims to give children the energy for play learning and fun.

The campaign has three core aims:

- Raise awareness of the importance of good health and its affect on the happiness of children
- Enable nurseries to help children stay happy and healthy
- Give children positive experiences of a healthy lifestyle.

NDNA provides nurseries with a range of resources to help them take part in the campaign so that they can organise fun activities for your children to take part in and so that they can stay happy and healthy.

healthy body, happy me 2012

Healthy body, happy me 2012 is taking place from 12 - 18 March, each day during the campaign has a special healthy theme.

The line up for 2012 is...

- Move it Monday, supported by [Hope Education](#)
- Moosday Tuesday, supported by [Cool Milk](#)
- Well-being Wednesday, supported by [Yoga4 Nurseries](#)
- Tumbling Thursday, supported by [Citation plc](#)
- Getting strong Friday, supported by [The Wiggles](#)
- Family Fun

Healthy body, happy me is also supported by the [Change4Life](#) initiative.

how to get involved...

Ask at your child's nursery if they are taking part in the campaign. They may be organising activities that you can go along to and join in.

Even if your child's nursery is not taking part, you can organise activities at home for the whole family as part of 'Family Fun' on 17 and 18 March such as a healthy picnic, a trip to a local farm or making musical instruments from everyday objects.

[To find out more about the campaign click here.](#)



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