

Behaviour bases and outcomes



Behaviour base	Outcome
Getting enough sleep (between nine and eleven hours a night)	<ul style="list-style-type: none"> • Better growth • Healthier heart • Helps learning • Helps immunity
Exercising for an hour a day	<ul style="list-style-type: none"> • Improved fitness • A chance to socialise • Increased concentration • Helps learning • Healthier heart • Better growth • Lower stress • Better sleep • Improves self-confidence • Good for your muscles • Stronger bones • Improved mood • Helps you be happier
Eating less salt (up to five to six grams for children aged seven and above)	<ul style="list-style-type: none"> • Healthier heart
Stretching	<ul style="list-style-type: none"> • Prevents injuries • Helps you become more flexible • Good for your muscles
Drinking enough water (about six to eight glasses a day)	<ul style="list-style-type: none"> • Prevents dehydration • Helps digestion
Eating more fruit and vegetables (at least five portions a day)	<ul style="list-style-type: none"> • Protects against some diseases • Better growth • Helps immunity

	<ul style="list-style-type: none"> • Helps digestion • Stronger bones
Spending less time on screens	<ul style="list-style-type: none"> • Better sleep • A chance to socialise • Helps learning • Helps you to be happier
Eating varied, balanced snacks	<ul style="list-style-type: none"> • Helps learning • Better growth
Talking about your worries	<ul style="list-style-type: none"> • Improved mood • Lower stress • Improves self-confidence • Increased concentration • A chance to socialise • Helps you to be happier
Spending time with friends and family	<ul style="list-style-type: none"> • Improved mood • A chance to socialise • Helps you to be happier
Having fun	<ul style="list-style-type: none"> • Helps you to be happier