



HEALTHY LUNCH BOX CHALLENGE

MARCH 2013

I feel so fired up right now with the most amazing things happening.

New challenge: the **SWITCH Challenge**, aimed at getting children to do an hour of exercise a day. What a great combination. Children eating well then motivated to exercise. South Africa is now a country with one of the highest obesity rates in the world, which is very concerning. It's up to us as parents to help our kids and ourselves get back on the right track. In order to help our children, we need to get our communities involved — our friends, families and school. Nothing worse than our hard work being undone at the tuck shop on the friend's account (and I am talking from experience here :-)). So please forward this to your friends, your class moms and family; we all have our children's health at heart and need to get on board.

We are also looking for sponsors for the rewards on the program. Please contact us if you are able and eager to come on board, or have ideas for us. The Healthy Lunch Box Challenge is a free service that I provide to families for the benefit of our children. Please help me to help them.

Our first challenge starts 10th April – 3rd July. Sign up and get the whole family on it.

www.switch2health.co.za or click through via our NEW website www.littlecooksclub.co.za

THE HEALTH BOX

Another great concept I'd like to share is The Health Box. Once you sign up www.healthboxsa.mobi, you receive this stunning box filled with new health related things each month. It's anything from health food, new body/hand lotions, organic products and discounts. View the website and have a look. I received delicious chocolate dates from Holly's Wholefood last month; now I add a few of those into the lunch boxes too.

Warm regards,

Christine Phillips

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