

It's easier than it sounds

Here are some easy ways to move more and get active

- Get off the bus one stop early
- Walk to local shops rather than drive
- Walk with a friend so you have someone to chat to
- Take the dog for a longer walk than usual
- Make a day of it and do some local sight-seeing



Are you ready to take the Challenge?

Active Challenge



Can you reach 10,000 steps?
Then step up and take the challenge!

If you suffer from any medical condition which may affect your ability to engage in physical activity, or have any other concerns, you should discuss with your health care professional first.

www.vitafriendsPKU.co.uk



Innovation in Nutrition

Vitaflo International Ltd, Suite1.11, South Harrington Building,
182 Sefton Street, Brunswick Business Park, Liverpool L3 4BQ, UK.
Tel: +44 (0)151 709 9020 Email: vitaflo@vitaflo.co.uk

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A healthy lifestyle is achieved through
a combination of diet and exercise.
This is no different in PKU.

A low phenylalanine diet combined
with a protein substitute is just
one part of a healthy balanced PKU diet,
being physically active is also important.

Get moving and
start the **Live Life Well**
Active Challenge today!



Take the 10,000 Step Challenge...

The average person walks between 3,000 – 4,000 steps a day

Research shows that walking 10,000 steps a day can significantly improve your health¹

Walking 10,000 steps briskly can burn up to 440 calories

Can you reach 10,000 steps?

Take the Live Life Well Active Challenge and see how many steps you can reach!

Use a pedometer to measure how many steps you usually take.

Try to increase by 1,000 steps each week until you reach 10,000 steps.

Record how many weeks it takes on the chart below

1. <http://www.nhs.uk/Livewell/loseweight/Pages/10000stepschallenge.aspx>



Your Challenge Chart

Name:

My average daily steps at the start: steps

Week 1 steps

Week 2 steps

Week 3 steps

Week 4 steps

Week 5 steps

Week 6 steps

Week 7 steps

Week 8 steps

Week 9 steps

Week 10 steps



Challenge completed in weeks

We'd love to know how you got on with the Live Life Well Active Challenge. Email us at vitaflo@vitaflo.co.uk