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“Promoting the shift sedentary Lifestyle towards active Ageing – LifeAge”

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Concept and story board

Dr Catherine Norton & Ms Laoise Bennis
and the University of Limerick LifeAGE research team

Design, illustration and script
Conor O’Brien

A collaborative project with partners from

[Logos of various universities and institutions]
Mom! When will Granny be here?

Any minute now, keep an eye out!

She's here! And I think we're going to be cycling.

Ding Dong!

I'll get it!

Granny! Hi Dear, are you ready to go to the zoo?

Are we going to cycle?

Well, it's a beautiful day, would you like to?
Yes please! I’d love that.

Emma, here’s your bike honey.

I’m great dear, looking forward to a day out with this girl.

It’s the perfect day for a cycle too. I’m very jealous.

Thanks mom

Bye Mom.
Come on Granny let’s get there before feeding time.

Hi mom! How are you?

Right behind you
Hi Margaret

Hi Em!

I hope the bus doesn’t leave before Ben and his Granny get there.

Hey Ben

Hiya Liz, how are you? Where do you get all your energy from.

Hi Em!
Looks like they missed it.
I'm sure there'll be another one soon.

We're here

Emma, put the key to your lock somewhere safe, you don't want to lose it.

I'm only 12 so that's still the children's price Granny.

I can't believe I'm officially a senior citizen.

One child and one Senior please.

That's 24 euro please

Enjoy your visit

Thank you.
What should we see first?
Giraffes?
Sure, let’s go
Race you!
Hey! Wait up
Can we feed her?
Sure, will I help you up?
Please! I’ll grab a leaf
Here you go girl

Careful Emma

Here’s a wipe

Thanks

That sounds like a plan

SLURP

Agh! Her tongue is all slimy!

Maybe we should keep our hands out of animals mouths from now on.

Let’s see what other animals we can find.
I love the monkeys and lemurs. They’re very cheeky.

But the cheetah and her little cub were so adorable. And remember the elephant, he was amazing.
Are you ready for some lunch?

Yes please, I’m starving

Where should we sit?

There’s a free bench here!

Perfect

Tuna?

Thanks Granny. I love tuna sandwiches.

Would you like an apple too?

Yeah. This is a healthy lunch right?

Of course it is. Tuna is high in protein, the bread is high in fiber and the fruit has lots of vitamins.

How can we tell what we should eat?

Perfect Tuna?
Have you heard of the food pyramid?

I've heard of the Egyptian pyramids?

I'll draw it for you on the back of the zoo map.

Mmh! Sorry, yeah one sec.

Here you go

Thanks.
So, it's different to the pyramid we used years ago.

I try to follow what's called THE MEDITERRANEAN DIET

Mediterranean? Like the sea in Spain, France and Italy

Exactly.

It looks something like this.

So we try to eat more of the foods at the bottom and less of the foods at the top.

Wine
In moderation

Limit Meats and Sweets

Proteins:
Poultry, Eggs & Dairy - Moderate portions daily or weekly

Proteins:
Fish & Seafood - Often, at least twice a week

Water
At least 8 cups a day

Carbohydrates:
Base all meals on these foods

Savour meals with loved ones and be active everyday.

Oh, I see.
So exercise, fruits and veg are most important?

Exercise is very important. If you don't work your muscles they will shrink.

Fruit, veg and wholegrains are the best carbs. Far healthier than sugar.

Carbohydrates fuel your body for exercise and protein builds and maintains muscle.

Well we've had our healthy lunch, we should get back on our bikes and use this energy before it gets stored up.

Yes, let's head home. Let's throw this stuff in the bin and we'll get going.

So is that how you have so much energy?

I guess. I notice lots of my friends who seem so much older than me.

They haven't exercised or eaten as healthily as they have gotten older.
Our bikes are out this way.

Oh, there’s Ben and his Granny?

Hi Ben! Are you guys only here now?

Yeah, we missed the bus and then the next one took ages to come.

Are you two leaving now?

I couldn’t walk much further. I get so tired these days.

Are you two leaving now?

I wish I had your energy Liz.

Yeah, We’re going to try get home to help my mom with dinner.

Did you get to see many animals?

Yeah we did, Emma tell them about the Giraffe.

Oh gosh! So, I got to feed a Giraffe.

Wow that must have been great?

It was, right up until she slobbered all over my hand.

That sounds pretty gross.
We better get going

See you later Ben

Bye you two, safe cycling

Chat later Em.

Thanks for today Granny, I loved it.

Any time Emma, I had a lovely day too.

Race you home?

You’re on!