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“Promoting the shift sedentary Lifestyle towards active Ageing – LifeAge”
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Concept and story board

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A collaborative project with partners from
It was a beautiful summers day and Emma was waiting at the window for her granny to arrive. “Mom! When will Granny be here?” she called. “Any minute now, keep an eye out” replied Mom.
Just then Emma saw her granny arriving on her bicycle “she’s here, she’s here and I think we are going to be cycling” she exclaimed excitedly.
The door bell rang **ding dong**! “I’ll get it”-called Emma, as she ran to the door. Emma opened the door, greeted her granny and they embraced.

“Hi dear, are you ready to go to the zoo” asked Granny. “Yes, are we cycling?” replied Emma. “Would you like to?” said Granny. “Yes please” answered Emma.
Emma’s mom turned the corner wheeling her bike. “Hi Mom! How are you?” she said waving to Granny. “I’m great dear, looking forward to a day out with this girl.” replied Granny with a smile. Grinning, Mom said “It’s a perfect day for a cycle too, I’m very jealous.”
Emma, started down the driveway calling out “Bye Mom! Come on Granny let’s get there before feeding time.”
“I’m right behind you Emma” replied Granny. “See you later dear” waved Granny to Mom. Emma and Granny cycled side by side down the road.
After a few minutes they saw an old lady with a walking stick and a young boy walking on the path.
Granny called out “Hi Margaret” and the old lady waved back with a smile. “Hiya Liz, how are you? Where do you get your energy from?” replied the lady. Granny smiled to herself.
“Hi Em” called the boy waving to Emma. “Hi Ben, how are you?” replied Emma. Ben smiled back “I’m good.” Emma and Granny continued along on their journey.
They passed by the bus waiting at a stop. “I hope Margret and Ben get to the bus before it leaves” said Granny. Shortly after however, the bus drove past Granny and Emma.

“Looks like they didn’t make it, hopefully there will be another soon” frowned Emma “I’m sure there will be” smiled Granny.
Granny and Emma arrived at the Zoo and locked their bicycles to a bike rack.
“Emma, put the key for your lock somewhere safe, you don’t want to lose it.”
They made their way to the ticket office. “One child and one senior citizen please” said granny. “Enjoy your visit” replied the salesman handing them their entry tickets. Emma and Granny called out their thanks in unison.
“What should we see first?” asked granny.
“The giraffes?” enquired Emma
“Sure, I love giraffes”
“Race you!” exclaimed Emma as she ran towards the giraffe enclosure. “Hey, wait up” called granny as she began to run after her.
“Could we feed her?” asked Emma when granny caught up with her. “Yes, I’ll help you up.”

Emma took a leaf from a nearby tree and granny helped her up onto the fence at the giraffe enclosure. Emma reached up and held out the leaf. The giraffe approached Emma, lowering its head to her hand.
With a big slurp the giraffe took the leaf from Emma’s hand and covered it with slime.

“**Agh!**

Her tongue is all **SLIMY**

she exclaimed.

Granny helped Emma down and gave her a wipe to clean her hands. “Let’s go see what other animals we can find?”
They explored the rest of the zoo together. They saw a cheetah with her cubs, some lemurs, the elephants, monkeys and a whole lot more.
After walking around granny asked, “would you like some lunch Em?”
“Yes please, I’m starving” she replied.
They found a free bench and sat down. Granny took some sandwiches and fruit out of her backpack.
“Tuna?” asked granny offering Emma a sandwich wrapped in paper.
“Yes please” Granny also gave Emma an apple.
Examining her lunch Emma asked “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 loads of vitamins.” answered granny.
“How can we tell what we should eat?”
“Have you ever heard of the food pyramid?” asked Granny? “I’ve heard of the Egyptian pyramids” laughed Emma.
Granny took the zoo map from Emma and a pen from her backpack saying “Let me draw it for you”
As granny began to draw she explained to Emma that she tries to follow what’s called the “Mediterranean Diet” “What you want to try and do is eat more of the things at the bottom of the pyramid and less of the things at the top.”

She showed Emma how she should eat mostly vegetables, fruits, wholegrains, beans and seeds. She should also try to eat fish and seafood at least twice a week, not too much dairy or poultry each day and try no keep meat and sweets to a minimum.

She also explained how exercise was very important and you should get active every day.
Limit Meats and Sweets

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

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

Carbohydrates:

Base all meals on these foods

meals with loved ones and be active everyday
“So that’s why you have so much energy?” suggested Emma.
“I guess. I see lots of my friends who seem much older than me.” answered granny.
“A lot of them haven’t exercised or haven’t eaten healthily as they’ve gotten older.”
“Is Ben’s Granny your age?” asked Emma.
“Yes we were in school together.”
“I think she seems a lot older than you” Emma replied
“I guess she does in some ways” said Granny thoughtfully.
Smiling Emma said “Well we’ve had our healthy lunch, we should get back on our bikes and use this energy before it goes to waste.”

Just as they were about to exit the zoo Emma spotted her friend Ben with his granny.
“Ben, are you just getting here now? We saw you missed the bus.”
“Yes it just left before we got there. Granny wasn’t up to walking any further so we waited for the next bus” replied Ben.
“I don’t have the energy I used to have” added Ben’s granny. “Not like you Liz, you’re like someone years younger than we are. Must be your healthy eating I guess.”
“How was the zoo anyway?” asked Ben
“Tell them about the giraffe Em” Granny said
nudging Emma “Oh Gosh ya!
So, I got to feed her a leaf.
It was all going great, I picked a nice leaf, climbed up on the fence, the Giraffe came over to nibble and she slobbered all over my hand.”
“That sounds pretty gross Em” winced Ben. “It was. Needless to say, I kept my hands to myself from then on” laughed Emma.
Looking at her watch Emma said “Gosh, we better get going, we want to get home in time to help my mom with dinner. Enjoy the zoo guys.” “Ya, see you later, safe cycling” said Ben and his Granny together. “Bye.” Waved Emma and Granny.
Emma and her granny unlocked their bicycles and set off home. “Thanks for today granny, I loved it.” said Emma.
“Anytime Emma, I had a great day too” smiled Granny. “Race you home?” challenged Emma. You’re on!” came Granny’s reply. The two shot off down the road home.