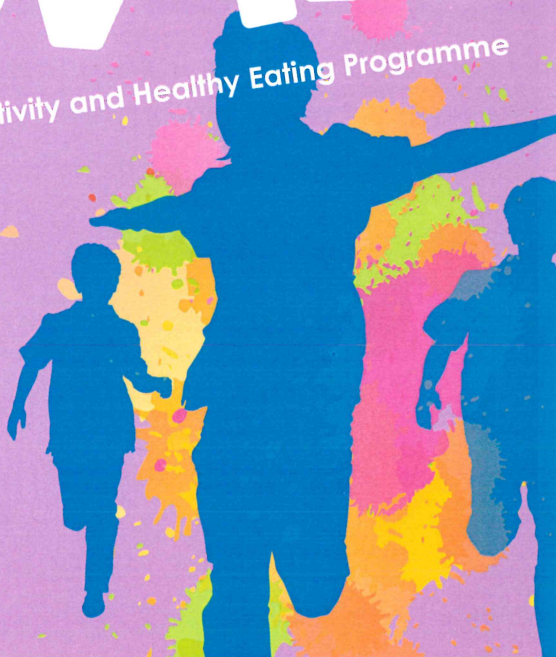


Do you want your family
to lead a healthier lifestyle?

Let's Get MOVIN'

Family Physical Activity and Healthy Eating Programme

For children
4 to 18 years
and their
families



A free, fun way to make small
changes and see big differences!

Let's Get Movin' For the Whole Family

aims to help parents and children
lead a healthier lifestyle

- Have unlimited access to a wide range of activities to help increase levels of physical activity.
- Attend an interactive workshop which focuses on:
 - The key factors influencing weight and health
 - Portion control
 - Food labels
 - Healthy snacks and physical activity.

Are you aged 12-14 and want to use the gym without a parent or carer?

Teen gym is just for you! Sessions are carefully planned and supervised by a qualified instructor to ensure they are exercising safely while having fun at the same time. Each child will receive a personal programme and receive help and advice on being more active, eating a healthy balanced diet and general wellbeing.

To be eligible for the programme one child in the family must be above a healthy weight.

To check your eligibility or for further information please contact:
EBHealthy@everybody.org.uk or telephone 01625 383943