



You are invited to come and join us for a 10 week active family course

Active families is a FREE programme for local families that provides support and advice to make healthier lifestyle choices to help achieve and maintain a healthy weight. Families are guided through informative and practical sessions that include activities about food labelling, menu planning, and multi-sport activities for both children and adults and much, much more. **There is something for all the family to enjoy.**

The programme is delivered by qualified, friendly and supportive staff, whom families will have the opportunity to share experiences, ask questions and discuss options to encourage and make healthier family choices about eating well, being active and behaviour change, allowing them to use their experience and knowledge to lead sustainable healthy lives.

Programme highlights include:

- FREE FUN weekly games, activities and for all.
- Make new friends and bond as a family in a safe, fun environment.
- Take part cooking delicious healthy meals.
- Learning that family activity and fitness can be fun.
- Motivation & support on how to set goals & rewards.
- Active Family programme designed to help children avoid problems in later life with weight and health.
- Support on how to live a healthy lifestyle on a budget including menu planning.
- Programme based around the national Change 4 Life core messages.
- Advice on portion sizes & food labels.