

Healthy Lifestyle Service *...who are we?*

A **FREE** Service for children and young people and their family who are above a healthy weight.

A personal service tailored to YOU offering fun and interactive sessions on: Eating your 5 a day • Cooking on a budget

- Balancing your meals • Portion sizing • Being more active
- Taking control of your lifestyle • Making small positive changes



Top tips

Don't forget to break that fast!

If you have a healthy breakfast in the morning you're less likely to want to snack before lunch.

Get movin' and groovin'

All activity counts, getting off the bus a stop earlier than normal, playing in the park, even dancing to the radio!

Interested? Please contact us on:

Hambleton, Richmondshire: Joanne Weaver, 01609 798073

Scarborough, Ryedale: Josh Greaves, 01609 797620

Harrogate, Craven: Helen Genge, 01609 797841

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