

eat well, move more

Healthy lifestyles programme for
children aged 4-16 years- info for schools



For more info visit:
www.solihullactive.co.uk
or call 0121 704 8207



Eat Well Move More is a healthy lifestyles programme, commissioned by Public Health, for children aged 4-16 years. The aim is to improve health through increased physical activity, increased intake of fruit and veg, better knowledge of a healthy lifestyle and how to sustain this.

The children who would be involved in the Eat Well Move More programme would be those teachers/parents/guardians feel there are **concerns over their health** such as being overweight/underweight, lacking nutritional knowledge, fussy eaters or inactive. The programme is designed to sensitively target these hard to reach groups, therefore we can run programmes for a select group of children or for the whole class as the focus is a **healthy lifestyle**.



The **10 week programme** involves **nutrition** i.e healthy lunchboxes, healthy breakfast and snacks, 5 A Day, tasting recipes and **physical activity** i.e scavenger hunts, playground games.

To access the free 10 week programme we require:

- Delivery space (a hall)
- Provide 1-2 staff members to support
- Identify up to 20 children (>6 target)
- Registration forms and letters of consent to be distributed to parents
- Identify a day and time suitable for the programme to take place (60 minute session ideally taking place during the school day)

Eat Well Move More will provide:

- A qualified Health Trainer to deliver high quality sessions. The Health Trainer will take measurements (height and weight) the week before and during the last session of the programme.
- All equipment and cooking ingredients
- Quarterly E Newsletters sent to parents
- Free merchandise and leaflets i.e water bottles or snack pots



Some of the Schools that have participated in the Eat Well Move More programme so far are:

Dickens Heath Primary, Windy Arbor Primary, Castle Bromwich Infant, Fordbridge Primary, Smith's Wood Primary, Peterbrook Primary, Cheswick Green Primary, Lyndon, Widney Junior, St.John The Baptist, Forest Oak and Merstone.