

FOR 7-11
YEAR OLDS

Introducing **CHALLENGE YOU** 8 WEEK PROGRAMME

Challenge You is an 8 week programme designed to help children and their parents understand more about the factors that contribute to an unhealthy lifestyle and how to overcome these issues. Sessions are **FREE** and take place at both Southbury and Edmonton Leisure Centres.

What will we learn?

- The reasons why children might become overweight or obese
- How small changes to diet and portion control can make a significant impact
- Suggestions for healthier alternatives to common favourite snacks and meals
- Guidance on suggested activity levels for children aged 7-11 years old
- Ways to incorporate fun physical activities into your child's day
- How to manage screen time and encourage more sleep



Find out more:

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