

Get fit + healthy for Summer!



Join Alive 'N' Kicking's **FREE** Healthy Lifestyle Club



Alive 'N' Kicking is a **FREE** healthy lifestyles programme for children aged between 4 - 12 years and their families, who want to lose weight, eat healthier and get more active!

In our Healthy Lifestyle Clubs you will:

- Play games and sports
- Learn more about healthy eating and nutrition
- Make smoothies + fruit and veg tasting
- Get more active as a family
- Get recipes to make at home
- Discover healthy snack options

The Clubs will take place at these locations:

- Burnt Oak Leisure Centre, HA8 0NP, Mondays starting May 14th (with free extra sessions at the gym)
- St Paul's Church Hall, N3 2PU, Tuesdays starting May 8th
- All Saints Church Hall, N20 9EZ, Wednesdays starting May 9th
- St Mary St John School NW4 3SL, Thursdays starting May 10th

Contact us to book a place on:
or email:

020 8102 0530
whyweight.barnet@nhs.net

Stay Healthy!

The Alive 'N' Kicking Team