

# XPLORE

MOVE MORE, EAT WELL AND FEEL GOOD.

FREE  
PROGRAMME FOR  
CHILDREN AGED 4-13 YEARS



XPLORE is a free programme for children, young people and their families to become fitter, healthier and more active.

Sign up today: [xplore.barnet@gll.org](mailto:xplore.barnet@gll.org)  
or 020 8457 9907

In partnership with

**BARNET**  
LONDON BOROUGH

**BETTER**  
the feel good place

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