

**An exciting healthy lifestyles opportunity...**

## **5 Star Families Healthy Lifestyle Programme**

The Wolverhampton Public Health team is offering local families the opportunity to participate in a **free** 10 week healthy lifestyle programme – 5 Star Families.

The programme targets children that are overweight and is delivered by the Partnerships and School Sport Team (PASS) at school and community venues across the City.

Aimed at the whole family, the sessions focus on healthy lifestyles, healthy eating, cooking, budgeting, understanding food labels, controlling portion size and the importance of exercise. The sessions also give families the chance to take part in fun physical activities.

Children aged between 4 and 16 (along with their parents and siblings) are able to be referred to a 5 Star Families, if there are concerns about their weight/Body Mass Index (BMI).

If you are worried about your child's weight, please call, email or text the contact details on the downloadable poster.

Alternatively, inform Miss Minter (PE Coordinator) to find out more information.