

# eat well, move more

**A family based healthy lifestyles programme, tailored to your needs**

- 12 week programme for 4-16 years
- Support to make healthier choices
- Interactive sessions for the whole family
- Healthy eating and nutritional advice
- Tips and ideas for being more active
- Fun activities, games and rewards



For more info visit:  
[www.solihullactive.co.uk](http://www.solihullactive.co.uk)  
or call 0121 704 8207

