

XPLORE HEALTHY LIFESTYLE PROGRAMME

XPLORE is a **FREE** 8-week programme for children, young people and their families to become fitter, healthier and more active.

ACTIVITIES FOR
KIDS 5 - 11 YEARS



BETTER



HILLINGDON
LONDON

As an agent, GLL partners
with Hillingdon Council

www.hillingdon.gov.uk/leisure

FREE
8 WEEK
PROGRAMME

XPLORE

MOVE MORE, EAT WELL AND FEEL GOOD

In partnership with the London Borough of Hillingdon, the Xplore programme is aimed at children, young people and their families who are above a healthy weight.

The programme includes both face-to-face and online insert healthy eating workshops, physical activity sessions and parent/carer discussion groups. The sessions are designed to be fun and inclusive for all abilities.

The programme gives lots of handy tips around healthy eating and activity, so families can discover new ways to improve their health and wellbeing and lead a more active lifestyle.



For bookings, new programmes or any other information please visit our website by scanning the QR code.

For more information please email
hillconfed.healthwise@nhs.net, call **01895 541474**
or visit **better.org.uk/xplore**