

XPLORE HEALTHY LIFESTYLE PROGRAMME

ACTIVITIES FOR
11 - 17 YEAR OLDS

Xplore is a free 12-week junior gym programme for young people to become fitter, healthier and more active.



HILLINGDON
LONDON

As an agent, GLL partners
with Hillingdon Council

www.hillingdon.gov.uk/leisure

FREE
12 WEEK
PROGRAMME

XPLORE

MOVE MORE, EAT WELL AND FEEL GOOD

In partnership with the London Borough of Hillingdon, the Xplore junior gym programme is aimed at young people aged 11-17 who are above a healthy weight.

The programme includes both face-to-face and online healthy eating workshops and physical activity sessions, that are designed to be fun and inclusive for all abilities.

The programme gives lots of handy tips around healthy eating and physical activity, so young people 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**