



## Fit4Fun Families

**Fit4Fun Families is a free family focused healthy lifestyle programme which offers practical tips to help support children, young people (0-18 years) and their families, eat well and be active**

**We can support you to make positive lifestyle changes and work with you to identify specific goals that you would like to achieve**

### Service user feedback:

“We have really enjoyed the Fit4Fun Families programme. It was arranged at a time that was convenient so we could both participate. Sessions have been fun and informative and at a level that suits the age of any child”

“We have learned a lot over the past few weeks, which has been fun and helpful. We’ve been keeping up with the goals that we set. We would highly recommend this group to any parents looking to know about how to eat healthily with their kids”

**If you would like some more information or would like to join the programme, please contact us on:**

**Tel: 01896 826447**

**Email:**

**[Child.HealthyWeightService@borders.scot.nhs.uk](mailto:Child.HealthyWeightService@borders.scot.nhs.uk)**

**You can self-refer into our service or if you prefer you can speak to your GP, Health Visitor, School Nurse or another health professional**



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