

READYSTEADYGO JUNIO*R*S



**SUPPORTING CHILDREN
AND FAMILIES TO ACHIEVE
HEALTHIER LIFESTYLES**

WWW.KIRKLEESACTIVE.CO.UK/READYSTEADYGO



Ready Steady Go Juniors is a FREE 8 week, healthy lifestyle programme for families with children aged 2-13 years old. It is aimed at children and families who want to become more active and achieve a balanced diet, by making small changes to their lifestyle. Families come together in a fun and exciting environment and are offered advice and support from our friendly staff. There are 3 programmes available designed for various age ranges.

| Target age | Duration | Session structure and description |
|-------------------------------|------------------|--|
| 2 - 4 yrs and parents/carers | 1.5hrs x 8 weeks | <p>Tots Bee Fit 30mins Munch Time 15mins Lifestyle workshop 45mins (children in crèche for 45mins)</p> <ul style="list-style-type: none"> • Instructor led active play with parent/carer. • Introducing new fruits and vegetables to group to taste together with parent/carer. • Workshops around key lifestyle topics such as: The 5 food groups, Fussy Eating, Taming Tantrums etc... |
| 4 - 7 yrs and parents/carers | 2hrs x 8 weeks | <p>Family Zone 45mins Munch Time 15mins Lifestyle workshop 1hr Planet Play 1hr (children only)</p> <ul style="list-style-type: none"> • Instructor led fun activities and games around healthy eating and how to get more active. • Introducing new fruits and vegetables to group to taste together with parent/carer. • Workshops around key lifestyle topics such as: Magic Meals, Less Rest More Play, Snack Attack. • Active play - fun active games based around different planets. |
| 7 - 13 yrs and parents/carers | 2hrs x 8 weeks | <p>Sport Zone 45mins Snack Time 15mins Lifestyle workshop 1hr Family workshop 1hr</p> <ul style="list-style-type: none"> • Instructor led multi sports session, aiming to improve skill, confidence and fitness. • Workshops around key lifestyle topics. • Joint family sessions covering: Be Food Smart, Ready Steady Shop, Sugar Snacks and Everything Fat. |

Sessions run across Kirklees every few months and places are limited.

For further information or to book onto a programme please email

physicalactivity.development@kirklees.gov.uk

www.kirkleesactive.co.uk/readysteadygo

Tel: 01484 234096 #RSGjuniors

