

active *living*

Healthy Weight Programme



promoting healthy eating and physical
activity opportunities for children
0-5 years old, their parents and carers

**Sure Start
Children's Centres**
Wigan

W I G A N
LEISURE & CULTURE
T R U S T
in partnership with Wigan Council

'Healthy Weight Programme 0 – 5 years'

Working alongside Surestart the Healthy Weight Programme aims to provide healthy living and physical activity opportunities for children 0 – 5 year olds, their parents and carers across the Wigan borough.

There are a variety of sessions designed to promote the benefits of eating a healthy balanced diet and taking regular physical activity, including:

Physibodies

Parents/carers and children all take part in structured physical activity. These sessions help establish confidence and basic skills through structured play and games. A great way to keep fit and active.

Swim Tots

Fun activity in the small pool for parents/carers with babies and toddlers from 6 weeks up to 5 years of age. There is also structured tutoring to help improve movement and confidence in the water. Swim bags are awarded after 6 sessions. Please note, there is a limit of one baby or two toddlers per adult.

Nutrition Workshops

Adult based education sessions on healthy eating and healthy lifestyles. A fun mix of practical and theory workshops to help families to adopt lifestyle changes that positively effect the health of their families. Booking is required and crèche facilities will be provided if needed.

Physical Activity Workshops

A fun mix of practical and theory based information workshops for adults, helping them to access local physical activity opportunities, and make positive changes in their families lifestyles. Booking is required and crèche facilities will be provided if needed.

For more information, please contact the team on:

01942 895634

(Ashton, Golborne, Lowton, Platt Bridge, Westleigh, Meadowbank, Bedford & Higher Folds, Leigh Central, Hindley, Mossley Common, Tyldesley areas)

01942 828518

(Hope, Douglas Valley, Ince, Shevington, Beech Hill, Orrell, Standish & Aspull, Westfield areas)