



A helping hand for a *healthier family*

Do you need help to achieve a healthy weight for your child or teenager?

Be Your Best is a funded healthy lifestyle programme for Surrey families with children & teenagers aged 5-17 years, who are above the healthy weight range.

We can help you make a positive difference to your child or teenager's health & wellbeing.

The programme is made up of one-to-one and group sessions:

Sessions include

- Live cooking workshop
- Meal planning for the whole family
- Easy food swaps
- Managing screen time
- How to become an active family
- Importance of sleep

One-to-one sessions

With a health & wellbeing advisor at a mutually agreed time & location

Online group sessions for parents/carers

Week days after school via Zoom

Online physical activity sessions

Group sessions via zoom or on-demand video content

"Me and my boys are really enjoying this programme and we are so grateful to be taking part." - Mum

Find out more :

