



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 and 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

Group sessions

Week days after school via Zoom

Family Fit sessions

Wednesdays 4.30 - 5pm via Zoom

***“Me and my boys are really enjoying this programme
and we are so grateful to be taking part.” Mum***

For more information, visit bybsurrey.org or email us at BeYourBest@surreycc.gov.uk