

**Do you want your child to get fitter, healthier and happier for free?
Would you like to spend some quality time together?**

There's a programme that has helped over 20,000 families across the country have fun while they get fitter and healthier – and now it's available in North Somerset and families who take part don't pay a penny!

The ten-week MEND (Mind, Exercise, Nutrition.....Do it!) programme consists of two-hourly after-school sessions twice a week designed to boost confidence and self-esteem turning conflict around food into family fun.

Independent research conducted by the University College London's Institute of Child Health found that children who attended the MEND programme experienced long-term health benefits, including weight loss and improvements in fitness and self-esteem. The programme helps children to understand what eating less looks like and how to choose the best things for them to eat.

Three new courses are due to start very soon at Banwell School, Churchill School and Broadoak School and places are already starting to fill up.

At the beginning of the sessions families will socialise together in a fun and healthy way. Then children and young people aged 7-13 will have fun during active sessions like indoor-climbing, trampolining and swimming, while parents get the opportunity to talk to others and take home practical strategies to help their family become more active and eat healthily.

If you think your child is above a healthy weight and you would like to register for a place on North Somerset's fun free healthy lifestyle programme, contact Alison Arnold at Churchill School, AAA@churchill.n-somerset.sch.uk or phone 01934 854064 or Xanne (pronounced Zan) Blythe at Broadoak School - XAB@broadoak.n-somerset.sch.uk or phone 01934 422000.

Comments from mums who have been on the programme in North Somerset include:

"My daughter has much more energy and confidence. I'd recommend the MEND programme to any family as it is fun and social..."

"Children enjoy making new friends from different schools, MEND increases their confidence..."

And some of the youngsters commented: "It's fun, you get to make new friends and do new activities" and "It's amazing! We learn lots of things and how to be fit and healthy."