



FREE fun programme for kids to become fitter, healthier and happier!

Do you have children 7 to 11 years old?
Are you worried they might be unhealthy or even overweight?

**Then call us on 020 7689 9846 or
email: mend@aquaterra.org and join the MEND Programme!**

**The MEND Programme gets kids healthy and fit in only
10 weeks - and helps them stay that way!
Find out about other children having fun on
the MEND Programme www.mendprogramme.org**



mend it!

This MEND Programme will be run and supervised by qualified MEND Trainers. MEND is both evidence-based and outcome-driven, and is currently being researched in the form of a Randomized Control Trial at the Institute of Child Health in London.

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What happens on the MEND Programme?

The Programme consists of 2 hour sessions, twice a week for 9 weeks. These are available at various leisure centres in Islington.

Programme highlights include:

- Weekly games, activities and swimming for kids.
- Learning that being active can be a lot of fun!
- Fun, interactive discussions that will teach you easy, effective ways to improve your child's behaviour and improve his/her self-confidence.
- Practical demonstrations, games and tips about healthy foods, label reading and portion sizes

There is even a fun supermarket tour and a chance to try delicious new foods!

How do I know if I qualify?

Although there is no cost to attend the programme, we will need to assess whether your child qualifies based on their age, weight and health.

PLACES ON THE PROGRAMME ARE LIMITED,
SO RING TODAY AND MAKE SURE YOU DON'T MISS OUT!

Call Aquaterra Health Projects on 020 7689 9846 or email: mend@aquaterra.org to see whether your child qualifies and to get more details on how to register.



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