

## **Information about children's weight management programmes**

### **Jumping Beans**

Is a 10 week weight management programme for overweight children aged 2-6 years

The programme runs on a Saturday mornings 9.00 – 10.30am

Children's height, weight and waist circumference are taken and recorded pre and post the programme. Parents/carers can also be weighed and should be encouraged to take part.

Parents /carers must attend the session with their child

The session consists of:

15min warm up – parent and child

45 min healthy eating/lifestyle workshop - parent/carer

45 min session play activities – children (this is whilst parents/carers are doing the healthy eating/lifestyle workshop)

15 mins – healthy snack

### **How Do You Measure Up?**

10 week programme for children aged 7 – 11 years and their parents/carers.

The programme runs for 3 hours a week over 2 evenings at Netherbrook Primary School, Netherton

Monday - 5.00 – 7.00

Wednesday – 6.30 – 7.30 – Physical Activity

Parents/carers must attend with their child and should attend both sessions.

Children's height, weight and waist circumference are taken and recorded pre and post the programme. Parents/carers can also be weighed and should be encouraged to take part.

### **Phases**

10 to 12 week programme for 11 – 17 year olds with a heavy focus on physical activity and is run by Action Heart

Programme runs over 4 hours per week over 2 evenings Tuesday and Thursday

Parents/carers do not have to attend the programme with their child but it is important they attend the first session for the introduction.

Children's height, weight and waist circumference are taken and recorded pre and post the programme.

There is also an option to attend the academy on a Friday evening once they have completed phases