



Start



The weight management programme for children and young people in Kirklees

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Start

Start is the FREE weight management programme for children and young people in Kirklees aged 5 to 16. Start combines physical activity and healthy eating to enable children to live a healthier lifestyle.

Start Includes:

- 1 to 1 motivational appointments to support and help your child to engage in a more active and healthy lifestyle.
- Access to regular fun physical activity and exercise sessions such as Fusion and Girls Active.
 - Activities and appointments available across Kirklees.
 - More Card – free swimming & subsidised activities.
 - FoodWise – One to one appointments and group workshops on healthy eating.
- Opportunity to join MEND – Mind, Exercise, Nutrition... Do it! A free 10 week programme for families combining exercise and nutrition and behavioural techniques to help improve lifestyles.

What do I need to do to get started?

Call the Physical Activity Development Team on **01484 234096** and book your first meeting on Start!