



Healthy Me is a lifestyle programme for children aged 5-18 and their families helping them to make small steps towards achieving a healthier lifestyle.

Healthy Me is suitable for children above the healthy weight for their age and provides information on:

- The Eatwell Guide
- Portion Sizes
- Physical activity and energy balance
- Meal planning and food choices
- Food labeling tips and much more...

Sessions are delivered in a fun and interactive format which helps to encourage self esteem and confidence in young people.

Healthy Me is Free and available for families in Wiltshire, offering group and one-to-one sessions.

For more information please contact:

Tel: **0300 003 4566 (select option 1)**
Email: **healthyme@wiltshire.gov.uk**



Wiltshire Council