

Healthy Me KIT day

23 returning families took part in the Healthy Me 'Keeping in Touch Day' at Devizes Leisure Centre on Tuesday 13th February. The day kicked off with some 'short tennis skills' before moving on to some high paced, energy sapping bouncing on the famous bouncy castle. A new addition to the day was a team building exercise where both parents and children were split into small groups and were assigned the task of building the highest tower out of 15 balloons and two small strips of masking tape. The teams worked well together and showed good team work and communication skills when working with both old and new friends. A small fruit buffet followed, and we finished off with a small circuit which included 'Tai Chi' exercises led by our Chippenham team leader Valerie. The winning balloon tower is pictured below and measured 95cm!



Around the county

We are now into week 6 of the term 2 delivery of Healthy Me. Families have recently learnt how to read food labels and have made good use of the Change4life food smart app, which helps identify which foods are high in Fat, Sugar and Salt. Pictured below is some of the Chippenham group working their way through a selection of common food labels.



We have had some very encouraging results from the week 5 measurements as well as from the returning families at our KIT day, please keep up the great work. Families are looking forward to the next few weeks where they will be learning about recipe modification and ways of developing self-confidence and self-esteem. We look forward to hearing how our Trowbridge families get on during their Zumba dance session with our very own Zumba specialist Corrina on the 28th of February!

Dates for the diary

Out next KIT day will take place on Wednesday 31st May 10.30am-12pm at Devizes Leisure centre. Please email Healthyme@wiltshire.gov.uk to book your place, and please continue to send in your pictures and success stories! We enjoy hearing from you!