



Change4Life Friday Lunch time Club



What is Change4Life?

These days, 'modern life' can mean that we're a lot less active. With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, we don't move about as much, or eat as well as we used to.

Change4Life for your kids

Nine out of 10 of our kids today could grow up with dangerous amounts of fat in their bodies. This can cause life-threatening diseases like cancer, type 2 diabetes and heart disease.

Change4Life Friday Mile Club

On Friday lunchtime we are offering a club for children who may need to 'move' about more. It is a club that is about building up general fitness levels, improving stamina and our breathing techniques. We will be completing a mile each session, starting out with a steady walk and building up over the weeks to being able to comfortably jog a mile without rest or much impact on our breathing.

The children will have their lunch on returning to school around 12.30pm.

If you would like your child to participate in this club please complete the slip below and return to school by Friday 27th January.

I give permission for my child _____ to participate in the Change4life club on Friday lunchtimes.

Signed _____