

Fun Healthy  
Lifestyle Club

FREE

Healthy  
Peterborough

PLAY

Let's Get  
Healthy!  
FUN 4 HEALTH

Learn

FUN

Aims to **INSPIRE**, **ENGAGE** and **ENABLE** children and their families to make healthy lifestyle choices long term.



Let's Get Healthy is a **FREE** club running in schools and community settings across Peterborough. The club is six weeks for children aged 4 to 7 and ten weeks for children aged 7 to 12.



Fun and interactive sessions! Come together as a family.



Workshops include, learning about sugary drinks and snacks, making smoothies and blindfold fruit and veg taste testing! As well as a range of activities such as parachute games and circuits!



If this sounds like something your child would enjoy, contact the team today!



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[www.healthypeterborough.org.uk](http://www.healthypeterborough.org.uk)



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Healthy Peterborough



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