

Family Lifestyle Club (FLiC)

It can be hard putting healthy eating and activity messages into practice.

Would you like to learn more about healthy eating and being active?

Then maybe FLiC is for you...

What is FLiC?

FLiC (Family Lifestyle Club) is a **FREE** 6-8 weekly 2-hour nutrition and activity programme to support families with overweight children (aged 8-13 years) to make healthy lifestyle changes



What happens at FLiC?

Fun, friendly and relaxed weekly session includes:

- ✓ Children play **fun games** - led by a qualified activity leader
- ✓ Parents and children take part in **healthy lifestyle** discussions and activities
- ✓ Topics include: healthy eating, portion size, sugars, fats, food labelling, hunger versus craving, snacks and lots more - led by a NHS Nutritionist or Dietitian
- ✓ A simple **food practical** each week with recipe sheets to try again at home

When do FLiC groups run?

FLiC runs after school and in the summer holidays in community venues around the city

*they have changed my
daily diet
and have started to set me
a new life*

Comment from a child



Contact the FLiC team:

Phone*: 0116 222 7154

Email: lpt.flic@nhs.net

*Please leave your **name** and **contact number** on voicemail if no one is able to answer your call