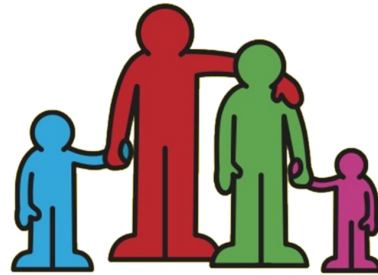


## Coaching

The Change4Life coaching scheme aims to support children and young people to achieve and maintain a healthy weight. The service offers specialist nutrition and physical activity advice as well as motivational support to help children, young people and their families make positive lifestyle changes.



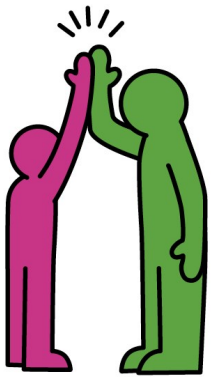
# Change 4Life Service

## Get Involved

To find out more about Change4Life Coaching, please complete an enquiry form on our website or contact us:

[www.family-action.org.uk/change4lifeservice](http://www.family-action.org.uk/change4lifeservice)

[Change4LifeCoaching@family-action.org.uk](mailto:Change4LifeCoaching@family-action.org.uk)



Clubs  
and  
Coaching



# What we do

We understand that ensuring we are eating well and keeping active and healthy isn't always easy, making changes to our lifestyles can feel challenging or daunting for us all.

The Change4Life Service is here to support expectant parents, children, young people families, communities and professionals across Kensington and Chelsea and Westminster to find enjoyable ways to eat well, keep active, feel good and be healthy and happy in the communities where they live learn and play.

Visit: [www.family-action.org.uk/change4lifeservice](http://www.family-action.org.uk/change4lifeservice) to find out more about the wide range of services we offer.

Please read on to find out about our free services available.

## Clubs

Our Change4Life Healthy Lifestyle clubs provide six-week programmes to expectant parents, children, young people and families in Kensington and Chelsea and Westminster. Club sessions will focus on healthy eating, physical activity and sleep to support families in eating well and keeping active and are open to parents to be, and 0-19 year olds (up to 25 with special educational needs or disabilities).

### Start4Life Clubs

**Discover and share different ideas to eat well and move more in pregnancy and beyond!**

For expectant parents and birth partners. Focusing on simple, enjoyable and achievable ways to include physical activity and healthier eating into their everyday lives.



### Change4Life Mini Clubs

**Come and uncover those 'Sneaky Sugars' as well as fun activities you and your child can enjoy!**

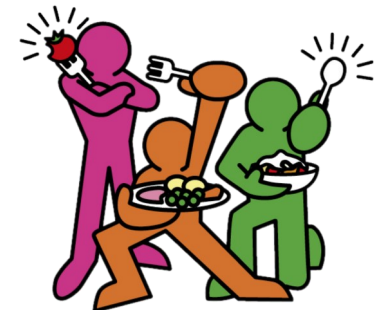
For 0-4 year olds to attend together with parents/carers. Focusing on simple, enjoyable and achievable ways families can include physical activity and healthier eating into their everyday lives.



### Change4Life Kids Clubs

**Come and discover how to be a Heart Rate Detective!**

For 5-11 year olds to attend together with their parents/carers. Focusing on simple, enjoyable and achievable ways families can include physical activity and healthier eating into their everyday lives.



### Young People's Club

**Come and tell us what you need to support you to eat well, move more and feel good!**

For 11-19 year olds (up to 25 for anyone with special educational needs or disabilities). Focusing on simple, enjoyable and achievable ways young people can include physical activity and healthier eating into their everyday lives.

## Get Involved

**To find out more about Change4Life Clubs, please complete an enquiry form on our website or contact us:** [www.family-action.org.uk/change4lifeservice](http://www.family-action.org.uk/change4lifeservice) or [Change4LifeClubs@family-action.org.uk](mailto:Change4LifeClubs@family-action.org.uk)

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