



5-18 years old

**Wiltshire Council**

## What is Healthy Me all about?

Healthy Me is a programme for families with children aged 5-18 years, which is designed to empower individuals to make small changes towards life-long healthy wellbeing.

Healthy Me is free and available for families in Wiltshire, who would like help on making healthy choices around Eating, Lifestyle and Physical Activity.

Our aim is to help increase knowledge around the barriers families encounter, providing the tools to help them explore their own difficulties, using a person-centred approach.

## We are interested. But what's involved?

Our programmes are fun for all the family, where you can take on exciting challenges and quizzes whilst learning about healthy lifestyles.

- Virtual one-to-one programme – 30-45 mins for 6 weeks, one session per week.
- Face-to-face programmes – if you are interested, please enquire today!

## What happens when we complete our journey?

We don't want to lose contact with you and the fun and learning will continue. We will offer our support for a whole year following completion of the course so that you can sustain long-term lifestyle changes.

## Sounds great. What topics and activities do we cover?

There are so many areas that we delve into at Healthy Me;

- Making your own goals
- Portion control - how much should I be eating?
- Having a relaxing bedtime routine.
- How much physical activity should I be doing?
- Boosting your self-confidence.
- What makes a food ultra-processed?
- The facts about sugar
- Detective work – food labels.
- Making recipes healthier.

And so much more!





**Visit our  
website**

 **healthyme@wiltshire.gov.uk**

 **0300 003 4566** (option 1)

**Wiltshire Council**

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