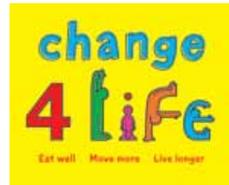


Helping Families to be Active

Promoting Physical Activity for Children and Young People



The UK is in the midst of an obesity epidemic

This is worrying for parents, but a few simple measures can reduce the risk of your child getting life threatening conditions such as heart disease, cancer and type 2 diabetes.

Unfortunately, in this modern world children may spend a large amount of time indoors playing computer games and watching television. They may not spend much time outside playing and running around. Children like to copy the adults in their lives, so if you join in and are active with them they are more likely to be active themselves as adults.

60 active minutes – this is what the government recommends children and young people to undertake every day. At least twice a week activities should be included to improve bone health, muscle strength and flexibility.



It doesn't have to be organised sport

Try going to the local swimming pool or playground, running around or just walking to school / shops instead of taking the car or bus.

Older children will become more independent if they are encouraged gradually to walk or cycle or use other physically active modes of travel for short distances.

Being Active and Eating Healthily go hand in hand

Check out these information sites or call the telephone number below to find out more:

Healthy eating

Go to www.nhs.uk/5aday for great tips on how you and your children can eat more fruit and vegetables.

Also click on www.eatwell.gov.uk for advice on a balanced diet..

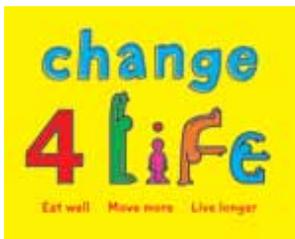


Just Eat More
(fruit & veg)



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Change4Life



Logging onto www.nhs.uk/change4life you'll find everything you need to know to help you and your family eat well, move more and live longer. You can also call **0300 123 4567** for more advice.

Healthy Schools Blackpool

Find out what is going on to improve health in Blackpool schools at www.healthyschools.gov.uk

Options available

If you'd like a large print, audio, Braille or a translated version of this booklet then please call **01253 655588**

Patient Relations Department

For information or advice please contact the Patient Relations Department via the following:

Tel: **01253 655588**
email: patient.relations@bfwh.nhs.uk

You can also write to us at:
**Patient Relations Department
Blackpool Victoria Hospital
Whinney Heys Road
Blackpool
FY3 8NR**

Further information is available on our website: www.bfwh.nhs.uk

Travelling to our sites

For the best way to plan your journey to any of the local sites visit our travel website:
www.bfwhospitals.nhs.uk/departments/travel/

Useful contact details

Hospital Switchboard:
01253 300000

NHS North Lancashire
Derby Road, Wesham
Lancashire, PR4 3AL
Tel: 01253 306305

NHS North Lancashire
Moor Lane Mills, Moor Lane,
Lancaster, LA1 1QD
Tel: 01524 519 333
www.northlancshealth.nhs.uk

References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:
**Policy Co-ordinator/Archivist
01253 303397**



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