



Family Fun Fit

Family Fun Fit gives you the opportunity to take part in some low intensity activities with your child/children. We hope to give you ideas about activities you may be able to use out of school. We also hope to introduce you to some activities that you may not have had the opportunity to try before, including the CHSP Dance Mats.

This programme is about families enjoying activity at a level that is right for them, and boosting children's (and parents') confidence in taking part in a range of activities.

We will also include challenges and activities for you to try at home, including the Family Pedometer Challenge to see how far the group walks as a whole throughout the programme.



There will also be the opportunity for parents to attend a 'Weight Matters' course before the Family Fun Fit sessions, which will offer advice about maintaining a healthy weight, and a healthy lifestyle. This will also include some food preparation sessions.

Comments from previous programmes:-

What did you like best about Family Fun Fit?:

"You get to do it with your family" (Child)

"Having fun with my friends and family" (Child)

What didn't you like about Family Fun Fit?:

"I didn't want it to finish" (Child)

"nothing" (Child)

What benefit did the programme have to yourself (parents)?:

"Good bonding experience with children and other families"

"Made me evaluate our lives"

"Good opportunity to meet other parents, do some exercise myself and role model for children"

"I had fun!"

What benefit did the programme have for your child?:

"Seeing mum doing the same thing e.g. skipping, and looking daft!"

"increased level of exercise, some new skills"

"Encouraged them to work together & play together"

Please contact us if you have any queries:
Healthy.schools@ciospct.cornwall.nhs.uk
(01209) 310061

