

# Our Kids Clubs are back!

Families &  
Young people

We support families to set and achieve healthy lifestyle goals!

Every Tuesday starting from 17th January

St. Albans RC High School,  
80 Digby Rd, Ipswich IP4 3NJ

5.30pm - 7pm

Topics we cover:

Sleep

Physical Activity

Diet

Wellbeing

## What our families say:

'We have started to become more active'

'We as a family are very grateful for all the help they (OneLife) have given us'

'It has shown me that by just being physically active is a good thing because you become a role model and it encourages them to join in and be more active'

'We started to walk to school instead of using the car'

### Eligibility Criteria:

Children between the ages 5-18,  
and who have a BMI > 91st centile.  
Child must also be living in Suffolk  
You can measure your BMI via our website



SCAN ME