

**ALIVE
N
KICKING**

alive 'n'kicking

Free programme

Join Surrey's **FREE** Healthy Lifestyles Programme Today

Alive'N'Kicking is a **FREE** exciting healthy lifestyles programme for children aged 5-19 years who, with their families, want to be healthy, lose weight and get active!

During your Alive'N'Kicking programme you will:

- **Learn to read food labels to help you make healthy choices**
- Understand portion sizes for your children
- **Make smoothies, healthy wraps & fruit kebabs**
- Become an active family
- **Receive weekly recipes to make at home**
- Discover healthy snack options



With the support and motivation of the Alive'N'Kicking Team, Surrey families are coming together to achieve their health goals:

"We have learnt so much about healthy food, portion sizes and reading food labels. My daughter has gained so much from Alive'N'Kicking, it is the first time she has enjoyed exercising!"

Alive'N'Kicking is supported by Surrey County Council and is being held at a venue near you.

Get your family **Alive'N'Kicking** today by calling the Alive'N'Kicking Team on **01483 600524** or email surrey@ank.uk.com

Stay Healthy

The Alive'N'Kicking Team

Visit www.ank.uk.com for more information

