

Do you have concerns that your child could be above a healthy weight?

JumpStart is a Fun, Free ten week healthy lifestyle and weight management programme for families with children between the age of five and fifteen who are above a healthy weight.

The programme offers:

- Physical activity sessions
- Advice for keeping a healthy lifestyle
- Practical tips for healthy eating
- Parents discussion sessions
- Weekly games and activities

Six months
Free
Kids Leisure
Pass

For more info
Please call us:

**01292
885891**

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Working together to achieve the healthiest
life possible for everyone in Ayrshire and Arran



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