

Family Lifestyle Club (FLiC)

Would you like to know more about healthy eating and being active?
Then maybe FLiC is for you.

What is FLiC?

FLiC (Family Lifestyle Club) is a very successful programme run by NHS dietitians or nutritionists and physical activity leaders. The **FREE** 6-8 weekly programme meets face-to face as a group or *virtually (video) these sessions are friendly, relaxed and intended for overweight children and their families, including siblings.

'It is a really eye-opening programme; I learnt a lot' Parent

'This is a great programme to help families choose better' Parent

Each week will involve some fun active games for the children led by the physical activity leader. There are topic discussions for parents and children led by a dietitian or nutritionist. There will be plenty of time for parents and children to ask questions, share ideas and get to meet other families.

What topics are discussed?

A different topic is discussed each week including, eating a healthy balanced diet, portion sizes, sugars, fats, food labelling, hunger vs craving and snacks.

'I am watching TV less and eating my 5 a day' Child

'The games were really fun' Child

When and where are the FLiC groups running?

Groups start in January, April/May, July (School Holidays) and September in venues within Leicester City. We are currently running *virtual sessions and these maybe available

For more information about the group or to book a place

Please contact the FLiC team by:

Phone: 0116 222 7154

Email: lpt.flic@nhs.net

*After school virtual (video) sessions as an individual family or as a group with group physical activity for an hour on Saturdays may be available depending on demand.