

## 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](mailto: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.