



Why join the MEND Programme?

- ✓ FREE healthy lifestyle programme (valued at £400) which helps 7 to 13 year olds become fitter, healthier and happier
- ✓ Set goals to reach and maintain a healthy weight
- ✓ Make new friends
- ✓ Feel more confident and boost self esteem
- ✓ Take part in fun games and activities to get fit
- ✓ Learn how to read food labels and how to cook healthy recipes
- ✓ Do it as a family like the 5,000 others that have already benefited



Do you want your child to feel fitter, happier and healthier ...for **FREE**?!

If you would like more information or to join, call MEND on Freephone 0800 230 0263 or visit www.mendprogramme.org