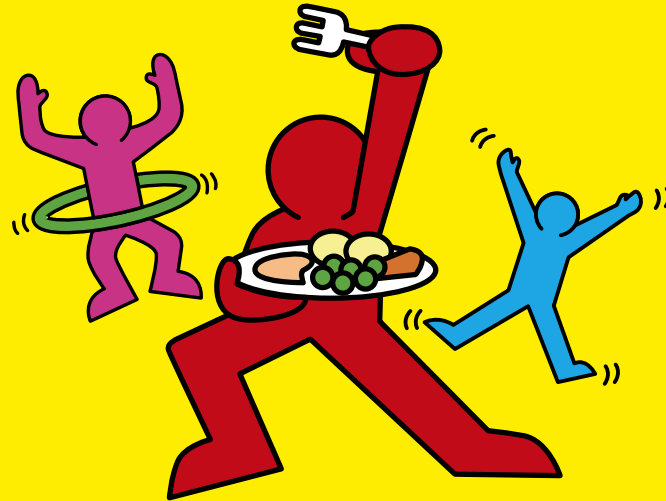


starting well 4 life

NHS

Northumbria Healthcare
NHS Foundation Trust

Eat well and
move more



with
starting well 4 life

starting well 4 life

We're here to help support you and your family to make healthy lifestyle choices.

Our Starting Well for Life programme is for children in Reception and Year 6 and their families who have recently had a weight and height check at school.

It's sometimes difficult to know if your child's overweight and the results can be surprising to hear, but there is lots of help and support available to get you back to a healthy weight with a few simple changes.

Northumbria Healthcare offers six weeks of one to one support from our health improvement practitioner specialists and extra sessions are available. This is free to families.

Super Stars Trophy Cupboard

Use our Super Stars Trophy Cupboard to help you to set goals and collect starting well stars so you keep on track to a healthier you.

We also have videos and workbooks for extra information and advice.

Week 1

Let's talk about what you do now and identify your super star trophy goals, target and reward for eating well and moving more to get your stars for this week.

Week 2

Get ideas to help you make small changes to eat your 5 a day every day.
Each day you do it you get a star.

Week 3

Find out how to get sugar smart with easy ways to reduce fats and sugars in your meals and snacks. Each day you do a sugar swap you get a star.

Week 4

Discover what's really in the food you eat and get tips for healthy mealtime choices.
Each day you have a healthy meal you get a star.

Week 5

Find out how you can move more and boost your family's activity levels.
Each day you get active you get a star.

Week 6

This week get active and eat healthy everyday to get your stars. Well done! You did it.
Collect your starting well for life celebration pack.



starting well 4 life

Super Stars Trophy Cupboard

My name is: _____



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

1

Week 1

My Starting Well Super Star Goals



2

Week 2

Im eating my 5 a day Starting Well Star



3

Week 3

I've swapped my sugars Starting Well Star



4

Week 4

I've been healthy today Starting Well Star



5

Week 5

I've been active today Starting Well Star



6


Week 6

Starting Well Star Trophy



My target is _____ stickers

My goal is: _____

My reward is: _____ 

starting well 4 life



Northumbria Healthcare
NHS Foundation Trust

You're amazing!

Get ideas and find out more visit:

www.northumbria.nhs.uk/startingwell

Get in touch.

email: Startingwell@northumbria-healthcare.nhs.uk

or call us 01670 623858

Northumbria Healthcare NHS Foundation Trust is part of the Change4Life movement. In order to maintain a healthy weight we need to both eat well and move more. Many families are making changes that will help them live healthier and longer lives. Visit www.nhs.uk/change4life or call 0300 123 4567 for more information.