

Gloji Energy

Hello,

My name is Christine Cottam and I work for One You Lincolnshire. We are very excited to tell you about one of our new pathways/ programmes which can help children and their families to live healthier lifestyles. I have enclosed some leaflets for you to use as you wish.

Gloji Energy is a free child weight management programme which offers the children fun and engaging physical activity whilst the parents/carers learn about nutrition and healthy lifestyle advice. The activities planned are varied from trampolining, dodgeball, rock climbing, silent discos and many more!

What can Gloji Energy provide for you and your families in school?

- Provide families with the tools needed for long term health and happiness.
- Offer families fun, physical, interactive activities that will motivate, enable, and support families to adopt healthier habits and increase activity levels.

What will a Gloji Energy session look like?

- Fun 45 minutes of physical activity for the children each week.
- Weekly 1 hour parent/carer healthy lifestyle sessions, while children have fun. These sessions may include information on portion sizes, snacking, moving more, sleep, feeling good, food tasting sessions, meal planning and many more.
- Resources to help guide and support families every step of the way to make healthier lifestyle choices.

Up and Coming Groups

Rock

Climbing @YMCA, Lincoln. Beginning of October

Trampolining @ Jump Revolution, Grantham Mid October.

Dance Free @ St Giles, Lincoln. TBC

Yoga and Zumba Kids @ Mablethorpe TBC

Dodgeball @ Birchwood Lincoln TBC

Phone: 01522 705162/ 07498239737

Web Address/Referral Link: www.oneyoulincolnshire.org.uk

Email: Christine.cottam@oneyoulincolnshire.org.uk

Many thanks, Christine Cottam