

Healthy Eating Healthy Activity

A free, fun
food and
activity group
for families



Healthy Eating, Healthy Activity (HEHA) is an 8-week healthy lifestyle programme that supports families to eat well, participate in regular activity and maintain a healthy weight.

Did you know that 1 in 3 children are overweight by the time they leave primary school?*

We can help! Contact the HEHA Team if you have concerns about your child's weight.

www.leicestershirewms.co.uk

0116 305 0730

You can also check if your child is overweight by using the following web link:

<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator>

**For families
with children
aged 4-17 years**

**Weight
Management**
Leicestershire

 **Leicestershire
County Council**



BMI healthy weight calculator
Healthy weight

You and your weight + Weight loss support + Safe weight gain +

Use this calculator to check your body mass index (BMI) and find out if you're a healthy weight. Or you can use it to check your child's BMI.

BMI calculator

Adult Child

Height
Feet Inches [Switch to cm](#)

Weight
Stone Pounds [Switch to kg](#)

Age

*Royal College of Paediatrics and Child Health (2021)

What is HEHA?

HEHA is a fun weekly group delivered by a dedicated Nutritionist. Each session involves:

- A friendly, informal food-based discussion about the Eatwell guide, portion sizes, fats and sugars in everyday foods, and more
- A fun games session for the children
- A new recipe to try each week
- An option for siblings to join in, too

Our aim is to encourage young people to develop positive lifestyle behaviours that will continue into adulthood.



“ The HEHA programme has been amazing, so helpful and personalised. We did lots of fun games and set ourselves a challenge each week. It’s a helpful tool, for people who don’t have as much information. It’s been fun for the kids and been good to talk about different things to do with food. ”

Parent of HEHA participant

When: Wednesdays
20th September to 15th November 2023
(except Weds 18th Oct - half term break)

Time: 4:00-6:00pm

Where: Charnwood district

REGISTRATION
IS
ESSENTIAL

To find out more information please contact
0116 305 0730 or weightmanagement@leics.gov.uk
www.leicestershirewms.co.uk