



Getting Our Active Lifestyle Started (GOALS) - Early Years

Information for families
Lanarkshire Child Healthy Lifestyle
& Weight Management Service



ABOUT GETTING OUR ACTIVE LIFESTYLE STARTED (GOALS)

Our new family based healthy lifestyle programme provides support for children, young people and their families across Lanarkshire.

GOALS is designed to help families to work towards a healthy weight and lead an active and healthy lifestyle.

Our aim is to support you and your family to make positive lifestyle changes. This programme considers ways to improve your family's diet, support you to increase physical activity levels and reduce screen time.



WHAT TO EXPECT FROM GOALS

- ❖ We will work with your family to introduce healthier changes, on a one-to-one basis.
- ❖ We use a family centred approach. This means that we help each child, along with their family, to take control of their own lifestyle changes.
- ❖ Teaches you about positive changes in your diet, physical activity and screen time.
- ❖ There are 8 sessions in total (over approximately 4-5 months).
- ❖ All sessions range from 30-60 minutes in length.
- ❖ We encourage as many members of your family to attend face-to-face appointments (from session 2 onwards)
- ❖ You can access physical activity programmes that are run by local leisure services. These are called 'Full of Beans'.



CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

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Pub. date:	August 2022
Review date:	August 2024
Issue No:	01
Department:	Dietetics
Clinical lead:	

PIL.EYGOAL.22_16071.L