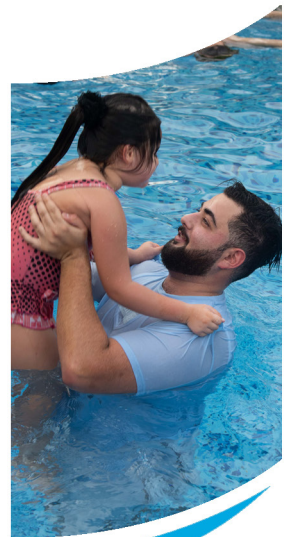
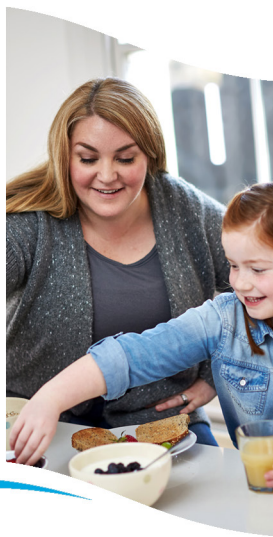




Getting Our Active Lifestyle Started (GOALS)

Information for families
Lanarkshire 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 families 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 or young person, along with their family, to take control of their own lifestyle changes.
- ❖ Teaches us about positive changes in our diet, physical activity and screen time.
- ❖ For children under 7 there are 8 sessions (over approximately 4-5 months).
- ❖ For children 8+ years there are 10 appointments (over approximately 5 - 6 months).
- ❖ All sessions range from 30-60 minutes in length with some of these for parents only.
- ❖ Access to physical activity opportunities that suit you e.g. face-to-face, online, green space or active travel
- ❖ We strongly encourage as many members of the family as possible to attend face-to-face appointments (from session 2 onwards).



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