

Family Lifestyle Club

Would you like to know more about healthy eating and being active?
Then maybe Flic is for you.

What is FLiC?

FLiC (Family Lifestyle Club) is a very successful programme run by NHS Dietitians and physical activity leaders. The **FREE** 8 week programme is friendly and relaxed and intended for overweight children and their families, including siblings.

'This is a great programme to help families choose better'. Parent

Each week will involve some fun active games for the children led by the Physical Activity Leader. Whilst the children are playing games there will be a topic discussion for parents led by a dietitian.

There will be plenty of time for parents to ask questions, share ideas and get to meet other parents. At the end of each session children and parents get back together to take part in a fun, information, and tasting /food preparation session.

'It is a really eye opening programme, I learnt a lot.' Parent

What topics are discussed?

A different topic is discussed each week including, eating a healthy balanced diet, portion sizes, sugars, fats and food labelling, hunger, snacks and meal patterns, eating out and celebrations. The food activity for the families includes, fruit kebabs, healthy pizzas, smoothies, celebration foods and ideas for healthy snacks and packed lunches along with some fun information activities appropriate for children.

*"I am watching TV less and eating my 5 a day"
Child*

When and where are the FLiC groups running?

Groups start near the beginning of each school term (January, April/May, September) in a variety of locations across Leicester city, Leicestershire and Rutland. They usually run at the end of a school day but we do have some Saturday morning groups too.

'I liked the breakfast challenge.' Child

Please give us a call/email if you would like to find out more about the groups, where your nearest group is or to book a place.

'The games were really fun' child

Leicester City	Leicestershire and Rutland
The City FLiC team office 0116 295 0326 Email - flic@Inds.nhs.uk	The County & Rutland FLiC Team Office 0116 222 7154 Email - flic@Inds.nhs.uk