

FREE



boost[®]

Active Boost

Do you have a child aged 5+ and are concerned about their weight and nutrition?

Weekly sessions run by a registered Dietitian and Physical Activity specialist.

A range of fun games, exercises and work outs.

Discussions around nutritional topics.

Helping families set realistic and achievable goals.

Programme Information



If you would like to find out about a programme in your area,

please call **0208 323 1725** or email

boost@mytimeactive.co.uk


mytimeactive

www.mytimeactive.co.uk/health