

ALFIE's Rolling Programmes



Supporting families to be healthier and fitter through nutrition and physical activity

ALFIE Ealing are delivering free online sessions for children aged 5 - 13 years who are above a healthy weight (overweight) and their families. Sessions include healthy eating workshops on food groups, portion sizes and label reading; as well as home workouts and fun games for the whole family. Sessions take place a two week rolling basis (sessions repeat every 2 weeks) new dates from Monday 1st November- Thursday 9th December.

You will need to attend 8 different Nutrition sessions AND any 8 Physical Activity sessions to get your free goody bag

1st – 5th November

Week 1	Monday	Tuesday	Wednesday	Thursday
4.00-5.00pm	Let's get started	Warm ups, Planks	Time for that	Your turn to
·	with a fun Boxing	and Squat	HIIT Session	coach! You guys
	Session!	challenges		lead the Warm
				up & Cool Down
5.00-6.00pm	Food Groups: A	How much is too	How to Eat Carbs:	What is Hiding
	guide to eating	much? A Guide to	Refined vs	in your Food?
	well	Portion Sizes	Unrefined	Fat and Sugar

8th – 12th November

Week 2	Monday	Tuesday	Wednesday	Thursday	
4.00-5.00pm	Time for some	Hit the floor, It's	Sports Day	Now you guys are	
·	weights with Bake	ABS!	Challenges!	tough enough for	
	Bean Bulk Day!			a Leg Day!	
5.00-6.00pm	Building physical	How to Read	ALFIE's experts:	Ready Steady	
·	activity into your	Labels: A Guide to	shopping challenge	Let's Get Cooking	
	day	Label Reading			
		J			

15th – 19th November

Week 1	Monday	Tuesday	Wednesday	Thursday	
4.00-5.00pm	Let's get started with a fun Boxing	Warm ups, Planks and Squat	Time for that HIIT Session	Your turn to coach! You guys lead the	
	Session!	challenges	FILL DESSION	Warm up & Cool Down	
5.00-6.00pm	Food Groups: A guide to eating well	How much is too much? A Guide to Portion Sizes	How to Eat Carbs: Refined vs Unrefined	What is Hiding in your Food? Fat and Sugar	

22nd – 26th November

Week 2	Monday	Tuesday	Wednesday	Thursday
4.00-5.00pm	Time for some weights with Bake Bean Bulk Day!	Hit the floor, It's ABS!	Sports Day Challenges!	Now you guys are tough enough for a Leg Day!
5.00-6.00pm	Building physical activity into your day	How to Read Labels: A Guide to Label Reading	ALFIE's experts: shopping challenge	Ready Steady Let's Get Cooking

Please turn over for more dates



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More Dates

29th November – 3rd December

Week 1	Monday	Tuesday	Wednesday	Thursday
4.00-5.00pm	Let's get started	Warm ups, Planks	Time for that	Your turn to
	with a fun Boxing	and Squat	HIIT Session	coach! You guys
	Session!	challenges		lead the Warm
				up & Cool Down
5.00-6.00pm	Food Groups: A	How much is too	How to Eat Carbs:	What is Hiding
	guide to eating	much? A Guide to	Refined vs	in your Food?
	well	Portion Sizes	Unrefined	Fat and Sugar

6th – 10th December

Week 2	Monday	Tuesday	Wednesday	Thursday	
4.00-5.00pm	Time for some weights with Bake Bean Bulk Day!	Hit the floor, It's ABS!	Sports Day Challenges!	Now you guys are tough enough for a Leg Day!	
5.00-6.00pm	Building physical activity into your day	How to Read Labels: A Guide to Label Reading	ALFIE's experts: shopping challenge	Ready Steady Let's Get Cooking	