



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 1<sup>st</sup> November– Thursday 9<sup>th</sup> December.

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

1<sup>st</sup> – 5<sup>th</sup> November

Week 1	Monday	Tuesday	Wednesday	Thursday	
4.00-5.00pm	Let's get started with a fun Boxing Session!	Warm ups, Planks and Squat challenges	Time for that HIIT Session	Your turn to coach! You guys lead the 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	

8<sup>th</sup> – 12<sup>th</sup> 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	

15<sup>th</sup> – 19<sup>th</sup> November

Week 1	Monday	Tuesday	Wednesday	Thursday	
4.00-5.00pm	Let's get started with a fun Boxing Session!	Warm ups, Planks and Squat challenges	Time for that HIIT Session	Your turn to coach! You guys lead the 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	

22<sup>nd</sup> – 26<sup>th</sup> 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



# ALFIE's Rolling Programmes

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



## More Dates

29<sup>th</sup> November – 3<sup>rd</sup> December

Week 1	Monday	Tuesday	Wednesday	Thursday	
4.00-5.00pm	Let's get started with a fun Boxing Session!	Warm ups, Planks and Squat challenges	Time for that HIIT Session	Your turn to coach! You guys lead the 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	

6<sup>th</sup> – 10<sup>th</sup> 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	