

SHINE Wiltshire

What is SHINE?

Shine Wiltshire is a 10 week healthy weight management programme developed for children aged 7-11 years, with a BMI over the 91st centile. SHINE supports them and their families to make the necessary changes to lead a healthier lifestyle. Each 2 hour weekly session covers various topics on nutrition, food, and physical activity. SHINE really focuses on fun, and children and families that have been involved so far have really enjoyed being part of SHINE and have made some really significant progress too which has been fantastic to see! The SHINE teams are really inspirational and motivational and have lots of various experiences they share with the children and families. **The course is free.**

A Mum said: *"I'd recommend this to any family considering a change. We've received great support from SHINE and it's helped me understand what we can all do as a family to be healthier."*

If you are interested in the SHINE Wiltshire programme please contact the SHINE team at SHINE@wiltshire.gov.uk or Victoria Richardson on 01225 716674.

To download a leaflet or for more information please visit www.activewiltshire.org.uk.

People can check whether they, or anyone in their family, are within the healthy weight range by visiting www.nhs.uk/bmi.

Pictures to use

