

# YOUR CHILD'S **FAB** HEALTH!

**FOOD, ACTIVITY, BALANCE**

**FREE SUPPORT & ADVICE FROM  
NUTRITIONISTS & PERSONAL TRAINERS**

**HELPING FAMILIES TO EAT WELL AND MOVE MORE**

Empower yourself  
to make positive  
changes for your  
family

To find out more:  
Call us on 0115 7722515  
or scan the QR code



Your Health  
**Notts**



**Parent/Carer Virtual Group**  
**1:1 Telephone Support**  
**Physical Activity Groups**

Establishing healthy eating in childhood reduces risk of disease in later life.

**Topics include:**  
Cooking on a budget  
Healthy snacking  
Portion sizes  
Food labelling  
Sleep and weight  
Meal makeovers and more...

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**Weekly Goal Setting,  
with chances to win  
prizes!**



**Nottinghamshire  
County Council**