

Gloji Energy

A family health and wellbeing programme designed to help children achieve a healthy weight together.

**FREE
service**
for children aged

4-12 years



Nutrition



Movement



Mind



Sleep

Fun and energetic sessions.
Trampolining, dodgeball and much more!

12 week programme including 1-2-1 and group sessions.

Supportive discussions around portions, snacking, confidence and more...

Completing weekly missions to earn rewards!

Click here to Sign up !

If your child is aged 4-12 years, has a connection with Lincolnshire and is measured above the expected weight range for their age, height and sex, sign up here.



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