

Overweight and obese children are very **likely** to become obese adults - however, they have more chance of becoming healthy weight adults if the problem is recognised and treated in childhood. Decisive action can prevent serious problems in later life like heart attacks, strokes, diabetes, bowel cancer and high blood pressure.



Being fit not fat is a choice that can be fun. The MEND programme has been proven to be effective in tackling obesity through education and enduring lifestyle changes.

Mind - understanding and changing unhealthy attitudes and behaviours around food.

Exercise - adequate, safe and above all fun.

Nutrition - enjoyable, practical activities that teach children about healthy eating and daily meal planning to improve the whole family's diet.

Do It!

MEND's mission is to educate, motivate and transform kids and families to change their unhealthy habits to ones that support a healthier lifestyle and to ensure **sustained health** for the whole family. Gr8 stuff 4 u and ure family.

For more information you can visit the MEND website at www.mendprogramme.org



Don't Get Hooked

Be Fit Not Fat



Save ure breath

The tar in cigarette smoke blackens the lungs and damages the airways. This may cause breathlessness, cough and even cancer.



Don't lose heart

Smoking causes heart disease and cancer. Heart attacks are 6 times more likely in smokers



Ure Puckered

Smoking is much more than skin deep but it does age skin and stains teeth.

Would you snog this? →



Save ure money

10 cigarettes a day will cost nearly £20/week or £1000/yr. Think 4 ureself cos more than 8/10 smokers wish they had never started.



Half of all children over 6 do not even do the basic one hours good exercise a day



A third of children and half of all adults are now obese



Getting fat means you are likely to die 9 years younger.

