

# *Get Going*



# *Join in the fun*

**XCITE**  
www.westlothianleisure.com

Edinburgh Leisure

East Lothian  
Council

Midlothian

**NHS**  
Lothian

# *Worried about your child's weight? Want to help them lead a healthy, happy, active life? Then let's Get Going!*

Get Going is a family healthy lifestyle programme funded by NHS Lothian. It offers support to help your child get active, eat well and achieve a healthier weight. The emphasis is on fun and feeling good. It's about getting active as a family and working together to make small lifestyle changes. Children get the opportunity to make friends and take part in fun active games. Parents will have the chance to share ideas with support and guidance from a Child Healthy Lifestyle Coach.

The free sessions take place in Leisure or community venues, once a week over nine weeks. Each lasts 90 minutes.

After the initial nine weeks, you'll be offered the opportunity to continue the fun with optional group sessions to Keep Going. There's also regular follow-ups to see how you're doing and to help you stay on track with your healthier lifestyle.



**If you'd like to find out more visit**  
[www.nhslothian.scot.nhs.uk/getgoing](http://www.nhslothian.scot.nhs.uk/getgoing)  
**or contact your local Get Going**  
**Co-ordinator Tel: 0131 537 9209**

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