

change 4 life

# Change 4 Life Sunderland On-Line Programme



## Aims:

The programme aims to encourage and support families to eat well, move more and live longer. It provides families with a fun and exciting way to learn about the importance of a balanced diet and the benefits of being physically active.

## You can enjoy the resources in two ways:

- i) Follow the links and watch the virtual sessions in your own time
- ii) Apply to join the pre-recorded on-line 4-week
- iii) programme which will commence Monday 8.2.2021. Information is detailed in the attached letter.



# Change 4 Life Sunderland On-Line Programme – virtual sessions

Below is i)an outline of the virtual sessions and ii) the links for these virtual sessions if you chose to watch them in your own time.

**Eatwell Guide** Learn about the key health messages around the “Eatwell Guide”, including the benefits of different food groups and the importance of eating 5-a-day.

[https://www.youtube.com/watch?v=dvcZE16qRBc&list=PLAzsowAMvIxo5MGsmgvbTrqe-F\\_Q4OHgs](https://www.youtube.com/watch?v=dvcZE16qRBc&list=PLAzsowAMvIxo5MGsmgvbTrqe-F_Q4OHgs)

**Sugars and Fats** Understand the effects that sugary foods, drinks and fats in food can have on the body.

[https://www.youtube.com/watch?v=U51yAsjGkCc&list=PLAzsowAMvIxo5MGsmgvbTrqe-F\\_Q4OHgs&index=2](https://www.youtube.com/watch?v=U51yAsjGkCc&list=PLAzsowAMvIxo5MGsmgvbTrqe-F_Q4OHgs&index=2)

**Breakfasts and Portion Sizes** Understand the importance and benefits of eating a healthy breakfast and how and why portion control is necessary.

[https://www.youtube.com/watch?v=vKFTRCtJZSI&list=PLAzsowAMvIxo5MGsmgvbTrqe-F\\_Q4OHgs&index=3](https://www.youtube.com/watch?v=vKFTRCtJZSI&list=PLAzsowAMvIxo5MGsmgvbTrqe-F_Q4OHgs&index=3)

**Physical Activity** The importance of physical activity for your body and signposting to activities that may be beneficial to you and your family.

[https://www.youtube.com/watch?v=0rn7VvFMclE&list=PLAzsowAMvIxo5MGsmgvbTrqe-F\\_Q4OHgs&index=4](https://www.youtube.com/watch?v=0rn7VvFMclE&list=PLAzsowAMvIxo5MGsmgvbTrqe-F_Q4OHgs&index=4)

**Packed lunches**

[https://www.youtube.com/watch?v=nAnIJ1pV2wU&list=PLAzsowAMvIxo5MGsmgvbTrqe-F\\_Q4OHgs&index=5](https://www.youtube.com/watch?v=nAnIJ1pV2wU&list=PLAzsowAMvIxo5MGsmgvbTrqe-F_Q4OHgs&index=5)

**Food labels**

[https://www.youtube.com/watch?v=RPRdnvQ0kZ4&list=PLAzsowAMvIxo5MGsmgvbTrqe-F\\_Q4OHgs&index=6](https://www.youtube.com/watch?v=RPRdnvQ0kZ4&list=PLAzsowAMvIxo5MGsmgvbTrqe-F_Q4OHgs&index=6)



# Change 4 Life Sunderland On-Line Programme - Apply to join the pre-recorded on-line 4-week programme

## Dear Parents and Guardians

As an offer of further support to families we have pre-recorded an on-line 4-week programme which will commence Monday 8.2.2021. FREE Weekly Sessions will be available but are limited to 20 families per programme, please note that places will be given on a first come basis. Again, don't worry if you miss out on getting a place as we will be running regular programmes with the next one starting in April 2021.

## How the programme will work:

If you decide to take up the offer a link which will feature each individual session will be sent to you via email on the following dates:

- 8/2/2021
- 15/2/2021
- 22/2/2021
- 1/3/2021

Once the link has been sent you will have 7 days to view the session, we will also be ringing each family involved in the programme within a week of each session to answer any questions that you may have and to offer further guidance.

Once your place has been confirmed Information packs with the course content will be sent out to you via post: **Please note that two of sessions will have a practical snack making element and ingredients will have to be purchased beforehand, this part of the session is not compulsory but is encouraged.**

To take up the offer of a place on the programme or if you require further information please email: [Change4LifeTeam@sunderland.gov.uk](mailto:Change4LifeTeam@sunderland.gov.uk)

**Please note the closing date to register is 2.2.2021**

Kind Regards

The Change 4 Life Sunderland Team

