

### **Initiatives to improve knowledge and understanding through experience**

If you are working on an initiative or become aware of a piece of good practice that that you feel has had a positive impact on an overweight 5-11 year old ,and could be networked here, across the county, please contact Sally Hayes email

A few suggestions

Growing fruit and veg and cooking them

Cooking Clubs

Secondary schools working in partnership with primary schools

Wake and Shake CD

Circus skills - juggling

Tia Chi

Walking – Orienteering

Bike riding

Swimming

Dancing

Cheer leading

Fun group sessions using apparatus

Break time and after school activity clubs should be available to all not just the elite

Walking to school and other activity participation schemes should be encouraged