



Fitter Families

April Newsletter



Welcome to April's edition of the Fitter Families Newsletter! A healthy lifestyle is about making simple changes to your everyday life and that's why Fit For Sport offer lots of Simple, Achievable and Sustainable (S.A.S.) tips to help you and your family get started on a journey to a healthy and active lifestyle.

Tweet us photos of how you get on @fitforsportuk to be in with a chance of winning a prize!

Congratulations to everyone who ran last weekend's London Marathon for some truly wonderful causes!

Running is one of the simplest and most effective ways to keep fit and whilst the idea can initially seem quite daunting, regular practice can make it a very rewarding hobby. Running with someone can certainly add to the experience so why not slip on a pair of trainers this weekend and hit the ground running as a family.



Here are a few tips to help make sure you're running the correct way:

- Relax your shoulders and run upright, keeping your back straight and tall.
- Keep your feet close to the ground and take care not to bounce as you run.
- Let your arms swing backwards and forwards naturally, keeping your hands loose and tension-free.
- Remember to start at your own pace if you're not a regular runner and make sure you have stretched properly beforehand.



Tweet us your photos @fitforsport

Game of the month...Cats and mice

★ **EQUIPMENT** Hoops or anything that can make smallish circles.

Lay hoops all over the ground several metres apart. If there are four of you, put out at least eight hoops to begin with. One person needs to be the first cat, and their job is to try to catch the mice. The mice run around, in and out of the areas between the hoops but not in them. The cat counts to ten then tries to catch the mice before they jump into a hoop, where they are safe. If a mouse is caught, they become a cat. Keep going until all the mice have been caught.

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Join Fit For Sport this
May Half Term at
your local...



FitForSport.ffs



@fitforsportuk

#EveryChildActive

Activity Camp

Example Day	
AM	Activity Challenge • Team games Personal development • Arts & crafts
Lunch	
PM	Children's Choice • Personal development Games • Sports • Arts & crafts



Our vision is for every child to...

- Love being active and feeling healthy
- Move with confidence and feel successful
- Feel self-empowered and respectful of others

BOOK NOW

Limited availability, book early to avoid disappointment!

This May Half Term, nationwide Fit For Sport
Activity Camps will be putting smiles on
the faces of thousands of children!

www.fitforsport.co
0845 456 3233

Fitter Families Healthy Recipe Milkshake Ice Pops



The sun is coming out which means there is always that temptation to dive into a tub of ice cream. But why not try this far healthier alternative which is equally delicious and ever so simple to make! Visit www.bbcgoodfood.com/recipes/milkshake-ice-pops for the full recipe, courtesy of BBC Good Food.

FIT FOR SPORT'S MAY HALF TERM CAMP COMPETITION

Don't forget to email your May Half Term camp booking reference number with "PICK ME" in the subject line to competitions@fitforsport.co.uk for your chance to win a free week at camp this summer!



Fitter Families ...Partners



Want to become a partner? Click here!



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