



Fitter Families Newsletter



#EveryChildActive



Welcome to the latest edition of our Fitter Families newsletter! A healthy lifestyle is all about making simple changes to everyday life. Fit For Sport has tons of Simple, Achievable and Sustainable tips to help you and your family get started on your journey to healthy and active lives.

AUTUMN ACTIVE FUN FOR THE FAMILY!

That's right, it's time to grab those coats and scarves as the temperatures begin to drop but that does not mean it's time to hibernate indoors. The autumn months can be a brilliant time of the year to enjoy some active outdoor fun, especially with the sun still shining and the wonderful array of autumnal colours around us!

Try out these simple & achievable activities that the whole family can enjoy together:

- Try something new! Dedicate one day a week where you as a family dare to try a new activity, be as adventurous as you can. Take a bike ride, try a new sport or it can even be as simple as taking a stroll in one of the country's picturesque parks.
- Get arty! Collect some of the colourful autumn leaves and conkers that fill the streets and local parks and create a collage to remember your experience when you return home. Be as imaginative as you can.
- A game of Conkers! It may not be as popular as it used to be but conkers seems to be making a comeback. Here's how to play <http://projectbritain.com/conkers.html>
- Try our Activity Challenges! Test your coordination, endurance and agility through a series of easy to follow activities. These can be performed indoors or outdoors.



Visit www.activitychallenge.co.uk for instructions on how to take the challenges.

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

Game of the month - Fish, Chips and Mushy Peas

Put out three cones; one cone is fish, one cone is chips and the other is mushy peas. The adult/leader calls out, for example, "Fish!". The children run around the fish cone and back to the start. You could call out "Fish and chips". The participants run around both cones before returning to the start. Alternatively, name the cones after colours or whatever is appropriate, that way you can throw in more cones if you've got more people playing. Make sure mums and dads get involved too.



Healthy Active Schools System
your school's activity tracker.

Record physical activity, track your Sport Premium, get access to PE resources and much more.
www.healthyaiveschools.co.uk

SUPPORTING

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

Registered charity number: 295716 and SC040123

Fit For Sport have also teamed up with JDRF, the type 1 diabetes charity who fund research to cure, treat and prevent type 1. We're encouraging everyone to support JDRF's #GoBlue campaign? Make it, bake it or fake it blue and raise money to cure, treat & prevent type 1 diabetes. Download your fundraising pack from jdrf.org.uk/goblue.

To support the #GoBlue we are urging schools to sign up to our Schools Challenge via www.healthyaiveschools.co.uk/register/jdrf

Would you be interested if Fit For Sport camps ran between 7.45am - 6.00pm? **CLICK HERE** to let us know.



Join Fit For Sport this October half term at your local... @fitfor sport #EveryChildActive

Activity Camp

This October half term, nationwide Fit For Sport Activity Camps will put smiles on the faces of thousands of children!

BOOK NOW
Limited availability, book early to avoid disappointment!

Our vision is for every child to...
Love being active and feeling healthy
Move with confidence and feel successful
Feel well-empowered and respectful of others

www.fitfor sport.co.uk
0845 450 0000

Fitter Families
Healthy Recipe

Sun Maid Breakfast Bar

Never underestimate the importance of a healthy breakfast to kickstart your day but for those of us who are pushed for time every morning, this Breakfast Bar recipe will keep you going all week long!

Click here to see how to make our recipe of the month



Tweet us your pics!
@fitforsportuk

FIT FOR SPORT'S SPELLBINDING CAMP COMPETITION!

Don't forget to email your October Half Term Camp booking reference number with "PICK ME" in the subject line to competitions@fitforsport.co.uk and you could be in line to win one of our five weekly prize giveaways during the lead up to camp.



DID YOU KNOW? We burn an average of **88** calories walking briskly for **15** minutes

Fitter Families ...Partners



Want to become a partner?
Click here!



Fit For Sport are a member of ukactive Kids

#EveryChildActive

www.fitforsport.co.uk

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