



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.

Remember, remember the fifth of November

Bonfire Night, celebrating the failure of Guy Fawkes' infamous Bonfire Plot in 1605, is a night loved by millions of families around the world. Bonfires will be lit, and fireworks will illuminate the night's sky with explosive colour. So, with that in mind here are some healthy themed tips to ensure that you and your family get the very most from your bonfire night this year.

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

Game of the month - Firework Tag

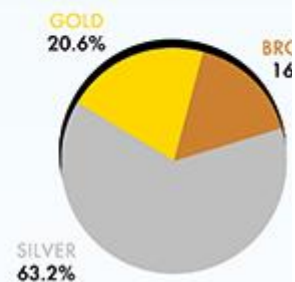
Mark out an area making sure that there is enough space for a game of tag. Nominate one tagger for every four runners. When a participant is tagged they must squat down to the floor raising their arms above their head in a triangle shape, forming a 'human firework'. Remaining participants must try and ignite the 'human fireworks' without being tagged themselves. They must do this by touching the shoe of the 'human firework' so that they can explode back into the game. Play for ten minutes before switching up the taggers.



DID YOU KNOW?

Our Healthy Active Schools System recently revealed that 80% of children between the ages 4-12 years old are not reaching recommended fitness levels.

We use our three Activity Challenges to measure children's coordination, endurance and agility, with gold representing the recommended level.



Fitter Families Healthy Recipe



Healthy Toffee Apples

With Bonfire Night just around the corner, it is the perfect time of year to snuggle up, watch the fireworks and tuck into some tasty toffee apples. However, we all know that these can be very high in sugar but fret not, as we've got the perfect healthy alternative to show you. This organic caramel apple recipe is equally delicious and what more far more nutritious.

[CLICK HERE](#) for the full recipe courtesy of REAL HEALTHY RECIPES.

Tweet us @fit



Join us this Christmas at your local...

Activity Camp



This Christmas Holiday, nationwide Fit For Sport Activity Camps will put smiles on the faces of thousands of children!

@fitforsportuk
FitForSport.ffs
#EveryChildActive



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 self-empowered and respectful of others



www.fitforsport.co.uk
0845 456 323

Call to book and see for you, please see the member's online booking details page.

Healthy Active Schools System your school's activity tracker...

SUPPORTING **JDRF** IMPROVING LIVES. CURING TYPE 1 DIABETES.

Registered charity number: 295716 and SC040123

Fit For Sport have 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.healthyactiveschools.co.uk/register/jdrf

FIT FOR SPORT'S FESTIVE CAMP COMPETITION

Don't forget to email your Christmas 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.



Fitter Families...Partners



Want to become a partner? Click here!

Fit For Sport are a member of UK Active Kids

#EveryChildActive

www.fitforsport.co.uk

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