

Pembrokeshire Family Challenge

Her Teulu Sir Benfro



If you have one or more children under twelve and would like to improve the food your family eat and amount of exercise you take, then this is for you!

Pembrokeshire Family Challenge is a FREE, fun programme, which the whole family can enjoy.

What does it involve?

A personal lifestyle coach will work with you and your family to agree a twelve week programme of home based activities to improve your diet and levels of physical activity.

The coach will support you and your family throughout the programme and you'll also have the opportunity to join in activities with the other families taking part.

Tried and tested

Pembrokeshire Family Challenge is based on a highly successful pilot, which ran with 10 local families last year.

All the family that took part in the pilot saw benefits in terms of weight loss, fitness levels, and improvements in blood pressure and peak flow.

They also found they spent more time together having fun as a family.

Who can take part?

Pembrokeshire Family Challenge is an inclusive programme, open to all families living in Pembrokeshire who have at least one child under twelve. Support is provided for an initial period of twelve weeks, with an opportunity to extend this for an additional twelve weeks if required.

So far, 37 families in Pembrokeshire have taken the challenge, not only are they making small long term lifestyle changes, they are also having lots of fun.

How can we join?

If you and your family would like to take part, simply

Phone us: 01437 775 775

Email us: family.challenge@pembrokeshire.gov.uk

Or visit www.healthchallengepembrokeshire.co.uk and fill in the online form.