

“ BeeZee Bodies is brilliant!
It's a fun way to learn about
healthy eating and I will
remember the things I've learned
for years to come.

There are things my family and
I do every day to help us be
healthier that we wouldn't have
done before BeeZee Bodies.”



CHLOE, AGE 9



SAY HELLO TO HEALTHY HABITS
AND SIGN UP TODAY...

-  beezeebodies.com
-  03308 186308
-  BeeZee Bodies



ELIGIBILITY CRITERIA:

- To be eligible for BeeZee Bodies services you must:
- Have a child aged 0-15 with a BMI above the 91st centile
 - Live/go to school/be registered with a GP in Enfield.



**BUILD
HEALTHY
HABITS
AS A FAMILY**

Helping your child to maintain a
healthy weight and learn skills for
a healthy, happy life.



12 WEEKS TO A HEALTHIER, HAPPIER HOUSEHOLD

Join our fun, free, family-focused (*oh, and did we mention award-winning?!*) healthy lifestyles course, **BeeZee Families**.

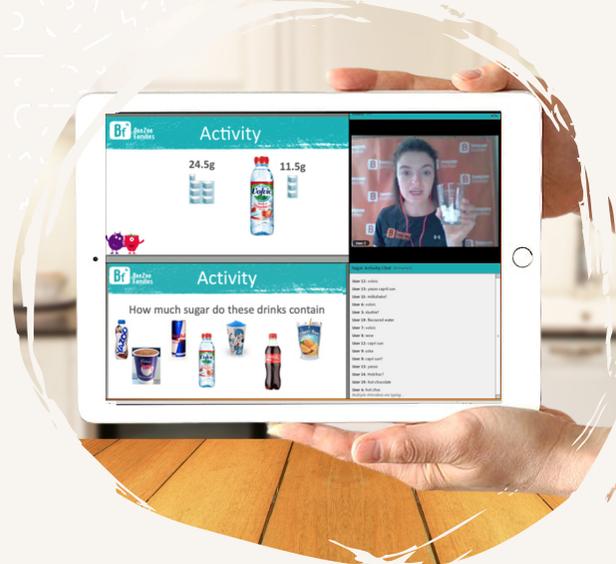
Aimed at 5-15 year olds and their families, the course covers topics from healthy snacking, balanced meals, portion size and keeping active together.

Our team of family nutritionists are experts at engaging children around healthy eating and fun exercise, and have plenty of tricks to help you and your kids turn a good behaviour into a healthy habit for life!

BeeZee Families groups run after school in Enfield.

Kids will cook healthy meals, take part in fun games and sports, and make loads of friends!

Parents are supported by our team to handle conflict resolution, and benefit from the support network of likeminded families.



PUTTING YOUR FAMILY'S HEALTH AT YOUR FINGERTIPS

We also offer our BeeZee Families course online! By choosing **BeeZee Live**, you can stream our expert family nutritionists directly into your home.

These weekly webinars are designed to be fun and interactive - there are plenty of activities, games and quizzes to keep the kids engaged! Collect points to win exciting prizes!

You'll still be able to benefit from the group support too, as we'll add you into a WhatsApp group where you can chat to other parents for advice and support.

BY THE WAY...
ALL OUR
SERVICES ARE
FREE

LEARN AT YOUR OWN PACE WITH OUR ONLINE HEALTHY HUB

Enrol to the **BeeZee Academy** and get free access to a huge range of resources about family health, nutrition and exercise - tailored to your own family's unique needs!

When you log into your **BeeZee Academy** account, you'll see a few quick questions to find out what you're most interested in learning, or where you need the most help. We'll show you recommended courses based on your answers - but you can do whichever courses you like, in whatever order you like, whenever you like!

There are no calls or appointments to keep. You can log on and learn in your own time - perfect for a busy parent without much time!

CHECK-IN ON YOUR FAMILY'S HEALTH AND WELLBEING

We don't believe in quick fixes, but our **BeeZee Lite** appointments are a kickstart to your own healthy lifestyle journey.

Book in for a chat with one of our wellbeing co-ordinators, who will help you address specific challenges you may be facing around maintaining healthy habits at home.

Together, you'll create an action plan - and we'll check back in one month later to see how you're getting on.

