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Partners

Events/Road Show

Challenge

Legacy

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FITTER FAMILIES NEWSLETTER - OCTOBER 2009

Welcome to our October ezine, keeping you up to date with what we're up to, where we will be and how you can keep your family active for a healthier future!

FITTER FAMILIES STILL SEEKS SPONSORS & PARTNERS FOR 2010
 If your company is interested please see our proposal [HERE](#)

SPREADING THE S.A.S WORD!



The Fitter Families team were at **Leisure Industry Week (NEC)** last week talking to the leisure and health industry & at **Primary Care Live (Excel Centre)** this week explaining how we can help Local Authorities and Primary Care Trusts meet targets!

We met with several new exciting sponsors & partners for 2010.



For more information on how Fitter Families can assist you & your organisation in helping to deliver the Change4Life healthy lifestyle message to your community, just email enquiries@fitterfamilies.com

CHALLENGE WINNERS ANNOUNCED



Congratulations are to go to...

'Fitter' Winners!
 The Holden Family from Biggin Hill, Kent

'Fittest' Winners!
 The Quinny Family from from Wilmington, Dartford



They have won prizes from the following Fitter families partners:

[Kangoo Jumps](#)
[Crazy Catch](#)
[Startrac](#)
[Speedminton](#)
 & [Pyrex](#)

Well done!

ACTIVITY OF THE WEEK - PASS & SWAP

PARTNER INFO

Ordnance Survey Map Skills Day, Southampton, 27th Oct
 Children 10-13 years
 For more info
 call 02380 447820

Our generous partner also provide **FREE maps for 11 year olds** - has your child's school signed up? Just click on the logo for more info



FIT FOR SPORT



Fit For Sport deliver [School Services](#), [Accredited Training](#) and [activities for Children & Families](#) as well as our successful [Fitter Schools](#) and [Fitter Families](#) FREE UK initiatives.

All aimed at engaging and educating children and their families on how to easily adopt a **healthier lifestyle**, through routine habit changes incorporating throughout its **SAS** message (Simple, Achievable and Sustainable)

FUN KIDS RADIO!

Don't forget to listen to **Fitter Families Dance-athon hour** 4pm-5pm every Sat! Just click [HERE](#)

Activity

To start with stand in pairs facing each other, 5 or 6 steps apart. Move further apart as you get better at this game!

Start by passing the ball backwards & forwards to each other using a chest pass, then every 6th pass both of you shout 'Swap!' & change places.

If you drop the ball, you have to sit on the ground & stand up 3 times, as quickly as you can. This will help strengthen your legs!



Change the way you pass the ball: use a bounce pass, left-hand catch, over-head pass, through-the-legs backwards pass, or a jump and pass.

Don't forget to shout 'Swap!' and change places.



TIPS

Our resident fitness expert Charlotte Ord has some great healthy tips for your family.



Click [here](#) each week for something new to try!

NEW LOOK FOR 2010



Fitter Families & Fitter Schools initiatives will have a new look for 2010, becoming more integrated in involving the whole community.

If you are interested in sponsorship opportunities please click [HERE](#) to download our Fitter Families sponsorship proposal.

21st CENTURY SCHOOLS



Eugene Gilkes, Commonwealth Decathlon Medallist & our Fit For Sport Commercial Director, will be speaking on 'New challenges & possibilities for schools & communities' Oct 14, Regents Park

SEND US YOUR TIPS & WIN!



Send us your favourite Family Activity Tip and you could win a signed Masters Football shirt, Ian Wright signed book, & the glory of being mentioned in next month's ezine!

Just email your Family Tip to enquiries@fitterfamilies.com by Tues 20th Oct.

OCTOBER HALF TERM

Keep your kids active this Half Term...
at Fit For Sport Kids Camps!
10% Discount for ezine recipients



Multi-sport activity camps across London & UK
To Book call **0845 456 3233**

WHO'S HAD THEIR SAY...



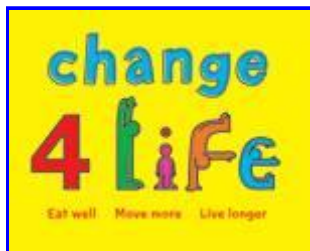
Dean Horridge, Fit For Sport CEO & Founder:

"It is my personal belief that if we are serious about changing the nation's health we must eliminate our "quick fix" mentality. It's all too often that we hear someone say they are on another diet or have started an intensive fitness regime... [Read more](#)

Keep your little ones active & having fun!

CHANGE4LIFE BACK TO SCHOOL IDEAS

Fitter Families is in full support of the



Department of Health's Change4Life campaign.

Make sure you check the latest tips for keeping your children & family healthy during Term Time [HERE](#).

We particularly like their tips on fun & active Treasure Hunts...

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