



*FRESH focuses on helping families
be more active together!*

*For more information watch our video at:
tinyurl.com/freshfam*



What is FRESH all about?

FRESH (Families Reporting Every Step to Health) is an innovative and free programme that is designed to help families to be more physically active together. FRESH is tailored to your family's activity level, so you can choose to be as active as you like!

Who can take part in FRESH?

Families living in some areas of Norfolk or Suffolk with a child in Years 3-6 at primary school and at least one adult living in the household who is willing to be involved.

Interested in taking part in FRESH? Want to know more?

Watch our short video and contact us at:

tinyurl.com/freshfam

