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Sefton Council

MOVE IT

Weight Management service for young people

6 Fitness & Lifestyle Sessions

Who's it for?

Its for 11-16 year olds who are above their ideal weight and want to improve their health and wellbeing.

What we do?

MOVE IT Community focuses on 6 FREE one to one sessions over a 6-12 week period. Sessions will include both a healthy eating discussion and a physical activity programme designed specifically for each participant. Sessions are available at any Active Sefton Leisure Centre or through our digital platforms.

** For any sessions delivered outside our Active Sefton Sites or on any of our online platforms an adult must be present.*

Get active & get healthy, call now to book your place.

active Lifestyles

Contact us

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Sefton Council

move it

Weight Management service for families

Fitness & Lifestyle Sessions

Who's it for?

It's for families with 5-16 year olds who are above their ideal weight and want to improve their health and wellbeing.

What we do?

MOVE IT Families (5-6)

Offers up to 3 healthy eating discussions for the whole family as well as information on different types of physical activity in the community and at home. All sessions are delivered through our digital platforms or at any of the Active Sefton Leisure Centres.

MOVE IT Families (7-16)

Offers 6 FREE sessions for the whole family over a 6-12 week period. Sessions last for 60 minutes and include a healthy eating discussion followed by a suitable gym or studio based session. Sessions include a healthy eating discussion and a physical activity programme element. Sessions can be held either at any of the Active Sefton Leisure Centres or through our digital platforms in your own home.

**Activities carried out will be dependent on the child's age.*

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