

4–6 YEARS



7–13 YEARS



14–17 YEARS



XPLORE HEALTHY LIFESTYLE PROGRAMME

XPLORE is a **FREE** 8-week programme for children, young people and their families to become fitter, healthier and more active.

Sign up today by:
emailing xplore.greenwich@gll.org
or calling **020 8317 5010** (option 5)

Leisure centres owned and supported
by the Royal Borough of Greenwich



BETTER
the feel good place

XPLORE!

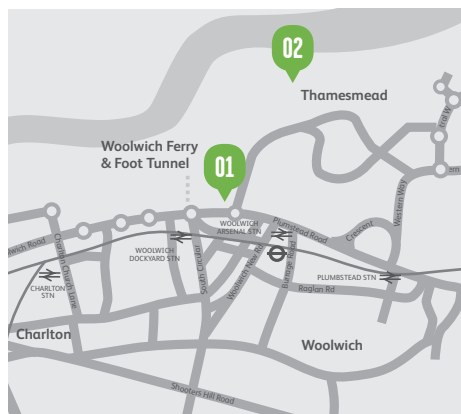
Move more, eat well and feel good

The XPLORE programme is a joint partnership between Better and the Royal Borough of Greenwich aimed at children, young people and their families who are above a healthy weight.

The programme includes healthy eating workshops, physical activity sessions and a parent/carer discussion group. The physical activity sessions are designed to be fun and suitable for all abilities.

The programme gives lots of handy tips around healthy eating and activity so families can try new things to improve their health and wellbeing and lead a more active lifestyle.

Sign up today by:
emailing xplore.greenwich@gll.org
or calling 020 8317 5010 (option 5)



01. Waterfront Leisure Centre
Woolwich High Street,
London SE18 6DL
Tel: 020 8317 5010

02. Thamesmere Leisure Centre
Thamesmere Drive,
London, SE28 8RE
Tel: 020 8311 1119

New XPLORE venues coming soon.