



HILLINGDON
LONDON

XPLORE

MOVE MORE, EAT WELL AND FEEL GOOD

LET'S GET MOVING WITH XPLORE!

Join us for 6 weeks of action packed fun where you'll discover exciting ways to stay active, eat healthy, and feel your best!

ELIGIBILITY CRITERIA

Participants must meet the following criteria to be eligible for the programme:

- 5 to 11 years old.
- Must be within the 91st to 98th centile.
- Must live within the London Borough of Hillingdon.
- Must be enrolled in a school or 6th form within Hillingdon and registered with a GP in the borough.

OUR GOAL

To improve the health and wellbeing of children and young people across the London Borough of Hillingdon.

OUR AIM

To support families in making healthier lifestyle choices through engaging and accessing advice on physical activity, nutrition, and mental wellbeing.

OUR MISSION

To help children move more, eat well, and feel good through building healthy habit.



**A FREE 8 week
health & wellbeing
programme for
children
& families**



Scan the QR code for self referrals
and more information or email

hillconfed.healthwise@nhs.net