

# Tri Service Bulletin



live



move



eat



@abettermedway

triforyoumedway

June 2022

## The Tri services

The Tri Team are back in venues for our Tri Courses. We have various services for children aged 2-18 years old. Our services focus on well-being, nutrition and physical activity for children and families. If you would like to find out more information, please contact the following:

[change4life@medway.gov.uk](mailto:change4life@medway.gov.uk)

OR 01634 334814

## Getting ready for Sports day!

You can now log your physical activity on the new and exciting Medway Can website. Click below to find out about fun ideas to keep active and how to log your activity!



## NHS Food Scanner app

This fantastic app will find healthier swaps for your family favourites.

[CLICK HERE](#)



Download the free  
NHS Food Scanner  
app

With a speedy scan of your family's favourite foods, you can find healthier swaps for next time you shop.





## TRICLUB

Live happy | Eat well | Move more

Families with children  
aged 8-12 years old.

That are above a healthy  
weight

A course where the whole family can learn about living healthier lives, through family activities. Learning about behaviour change, goal setting, healthy diets, wellbeing and getting involved in activity and movement sessions.

## TRIMINI

Live happy | Eat well | Move more

Families with children  
aged 5-7 years old.

That are above a healthy  
weight

Join us for family sessions where you will be able to explore and try new fruit and vegetables, exercise, take part in weekly family challenges and set family goals to start your family off on your families journey to a healthier future.

## TRITOTS

Live happy | Eat well | Move more

Families with children  
aged 2-4 years old.

That are above a healthy  
weight or fussy eaters

A course you and your child can come to and learn play and move together in a fun environment.

Additional online theory sessions cover topics like dealing with fussy eaters, healthy eating, barriers to change, wellbeing and getting more movement.