

Future *Lifestyles*

Look after your Future!

Junior Sessions
5-12yrs

Future Sessions
under 17yrs

Family Sessions
0-8yrs



Liverpool 
Active City...

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Liverpool Sport & Recreation Services

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Background



Liverpool Sport & Recreation health agenda, sits under the umbrella's of Liverpool First For Health and Local Area Agreements. It is complemented and expanded by a number of sub strategy strands such as Active City and Taste for Health, two major city initiatives that improve the health & wellbeing of Liverpool residents.



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Background



Liverpool Sport and Recreation and partners provide the most comprehensive database on children's overweight and obesity, health and skill related fitness, lifestyles and dietary behaviour in children in the UK.

Reports (Childhood obesity in Liverpool: Where do we go from here?, A glimmer of light: the eating habits of children in Liverpool and Childhood fitness in Liverpool 1998-2006: Target time 2009) and the data confirm the epidemic of obesity, declines in various aspects of health & skill related fitness



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Data 1999 – 2007

A dramatic increase of obesity from 1999 – 2007. Using the Cole (1995), UK 1990 growth chart definitions obesity has increased from 14.5% to 22.2 % in year 5 boys and 14.5 % to 20.7% in girls. Similar trends in Y6 data, 2006 -2007 National child measurement programme.

- Below average in terms of health related fitness
- Children were choosing to do less active pastimes
- Consumed high proportions of sugary & fatty foods
- Failed to meet the 5-a day requirements



Strategies



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National Targets

NI 57 Enhance quality of life Increase sport participation

NI 55 (Improve poor health - reduce child obesity) % Obesity in reception age

NI 56 (Improve poor health - reduce child obesity)% Obesity in year 6 children

Contributes towards extended schools targets and the five hour PE and the sports, cultural offer.



Strategies



These documents set out the key NI for reducing levels of obesity, increasing participation and improving healthy eating across Liverpool.

Annual data collected over the years has played a key role in developing these strategies, giving the city the ability to develop early interventions. The data measures the impact on how effective certain strategies and initiatives are across the city.



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Partnerships

Sport & Recreation has developed a unique partnership between a number of key agencies to create a physical activity culture in Liverpool.

□ Every person having the opportunity to enjoy an active lifestyle within their community.



Programmes

What's happening

Liverpool is fortunate in having several programme aimed at increasing physical activity. These programmes are complementary and deliver very valuable outcomes. It is vital that this input is maintained to ensure that this success is continued and that Liverpool residents benefit.



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Exciting initiative

The largest on-going local authority schemes designed to increase physical activity levels of young people in local neighbourhoods

Over 60,000 children under the age of 17 can apply for a free Leisure Pass.



Future Lifestyles

All U17 can apply for a
FREE Futures Pass.

FREE access to all lifestyles centres

Over 250 FREE Activities a week
including Multi Sports, dance,
aerobics, free running, basketball,



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Futures Fun Sessions

Sessions are FREE for our Futures Members.

All sessions are supervised by a Fully Qualified Instructor.

All fitness levels & abilities welcome.

8-17

Family Fun Sessions

Sessions are FREE for our Futures Members.

All sessions are supervised by a Fully Qualified Instructor.

All fitness levels & abilities welcome.

0-4

Junior Fun Sessions

Sessions are FREE for our Futures Members.

All sessions are supervised by a Fully Qualified Instructor.

All fitness levels & abilities welcome.

5-7

Active families



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Early intervention

Encourages and empowers practitioners based in Children Centres, Nurseries and Schools to introduce physical activity into their daily routines.

Visited all LCC Children Centres, Nurseries, Foundation Stage in 2008.

Active Play



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Is the Largest Health & Fitness Study in Europe

Provides the most comprehensive dataset on children's overweight and obesity, health and skill related fitness, lifestyles and dietary behaviour in children in the UK. See Reports

Multi-faceted project, encompassing a whole range of added initiatives targeting 0 -19 years olds.

Early Years -Active Play - Active Families – Child Care Provision ASC.

Grassroots Sport and Physical Activity - Taster Days/ After school Clubs.



Nutrition – Fruit Tasters – After School Clubs – Pack Lunch - Road Shows –
Healthy School Weeks – Nutrition support for Healthy School Bus -
Community Health Festivals

Training & Coach Education – Early years - Fitness - Nutrition
Fundamentals - Multi Skills – Sport Specific

Referrals - G.O.A.L.S Getting Our Active Lifestyles Started

Fast streaming talented youngsters.

Development of Resources – Food & Fitness - Active Play- Active Food
Packed Lunch, & Recipes Leaflet



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SportsLinx
 Sport | Nutrition | Health | Education



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A healthy lifestyle programme for children and families

GOALS!

Fun Foods



Target Time



Move it!



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Active Ageing



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Active Parks

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Active Families



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Club and Voluntary Sector



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Thank you!

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If you request further information contact:

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