



# One-minute guide

## Be Your Best



### What is Be Your Best?

Be Your Best is Surrey's free weight management programme for Surrey families with children and teenagers aged 5-17yrs, who are above a healthy weight range. Be Your Best can help all parents with universal online advice, but families who might need an extra hand to manage their child's weight can get further, personalised support from a health coach, plus learn more at online group sessions, designed to help change long-held habits.

68% of children on our existing BYB programme for under 12s continue to have a *reduced BMI* after 12 months. This course is being adapted for teens using research, interviews and evaluation from previous pilot schemes with teens.

### What can you expect on the programme?

The fully funded programme for all ages, offers 121 bespoke healthy lifestyle support, online peer-to-peer group sessions, and access to free community offers from cooking sessions to leisure classes. We are currently running six-week online group sessions that run every Tuesday and Thursday at 4pm – 5.30 pm via Zoom. Group sessions cover a range of topics and allow you to meet other parents. Topics covered include:

- Being our best and influencing our children to be their best
- Planning for the best future
- Cooking session on making simple and nutritious meals for your family
- Importance of sleep, activity and reducing screen time
- Fun and interactive online supermarket tours on labels and making healthier choices

### How long is the programme?

If you're accepted onto the programme, you are expected to take part in 12 engagements including 1:1 sessions at the family home, and a variety of online sessions including weekly group sessions, cooking workshops and Family FIT sessions. The programme can take anywhere between 3-6 months

### How do I join the programme?

Simply complete the BYB Registration Form using this [link Attendee Signup - Upshot](#) and we'll take it from there.

If you have any questions about the information we are asking for, please contact us using the email address below. Professionals from any sector can refer, parents are also encouraged to self-refer.



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### Contact us:

Website: [www.bybsurrey.org](http://www.bybsurrey.org)

Email: [beyourbest@surreycc.gov.uk](mailto:beyourbest@surreycc.gov.uk)

Phone: 01483 517005

Our feedback is overwhelmingly positive -

*'Another mum stopped me on the school run and said how much happier my son was looking, she noticed he was walking with his head up, when before he always walked with his head down.'* Mum