



Healthy
Hounslow

beeZee
bodies

July is...

About preparing for the Summer Holidays!

Hello Parents & Guardians!

We are BeeZee Bodies, and we work with The London Borough of Hounslow to provide FREE (and FUN!) healthy lifestyle support for families.

We run [BeeZee Families](#) courses after school across Hounslow, or you could join our online courses instead. We have new groups beginning in September.*

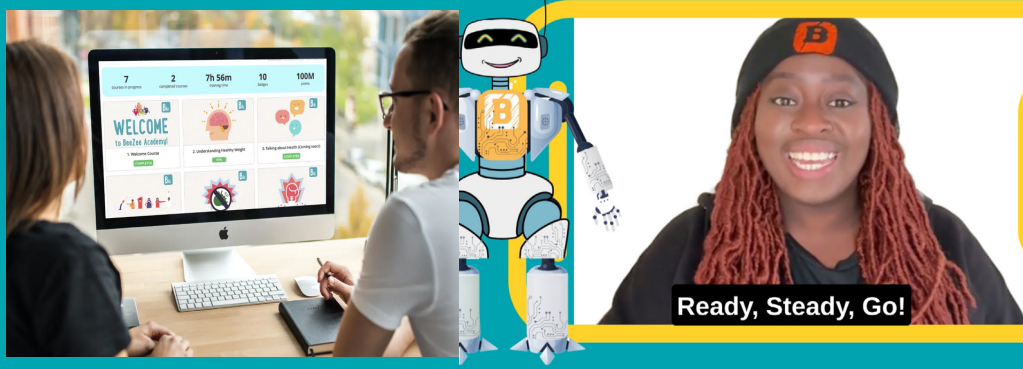
CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILY'S FREE PLACE



BeeZee Academy

Summer holidays are a great opportunity to explore our new, exciting Academy! You and your family can learn, get support and play games for free!

<https://beezeebodies.com/programs/families-academy>



*To be eligible for this awesome free service, your family must live/go to a school in Hounslow and include one child who is above their ideal healthy weight.



With temperatures reaching up to 30oC in parts of the country, it is important to remain hydrated with water. Try and keep your fluid intake high and reduce the amount of fizzy, energy and caffeinated drinks as these can cause dehydration.



BUILD A HEALTHY PICNIC

CHOOSE YOUR CARBOHYDRATES

Bread - Tortilla wraps - Chapattis - Flatbreads
- Pitta - Manesh/Lavash/Khobez - Pasta - Rice
- Yams/potato salad - Cassava - Naan

PICK YOUR PROTEINS

Leftover protein from dinner (e.g. meat, lentils, tofu or paneer) - Eggs - Tuna - Tinned beans or low sugar/salt baked beans - Cheese - Prawns

SELECT A SNACK

Cheese slices - Yogurt (try low fat and low sugar options) - Popcorn - Pita/carrots/cucumber with hummus • Grapes - Pepper slices - Raisins - Mix and match these to get all those nutrients in!

PACK SOME PLANTS

Frozen/tinned fruit and veg (just as nutritious as fresh!) - Adding sweetcorn to tuna - Bean salad - Prepare and chill a salad with lettuce, spinach and/or watercress

