

## WHAT DO PARENTS SAY?

With this LITE programme, my son has gained awareness on the importance of leading a healthy lifestyle, to look into daily meal intakes and to keep fit. Now that he's aware, my son has actually become more active by playing soccer.

My son doesn't normally eat tomatoes yet he began to like them after a session... I think the programme is a good chance for children who don't usually eat vegetables to explore, let them try the vegetable using the unique recipes, they'll love it just like my son.

The most useful part of the programme is how practical and interactive each segment is, with real-life examples to follow. Throughout the programme, it was assuring to learn that our challenges faced are very common and everyone was open to sharing about their different problems, so that we could all learn the right knowledge to lead a healthy lifestyle.

## SESSION DETAILS

Join us online on Zoom every  
Monday 6.00pm-7.30pm  
Saturday 10.00am-12.00pm

Meet other families during our face-to-face sessions at the Active Health Lab for fun games and goodie bags!

E-mail: [lite@kkh.com.sg](mailto:lite@kkh.com.sg)

### SCAN THE QR CODE TO REGISTER!

You will be added to a WhatsApp group for login details after registration

You just need:

- 1) A computer/tablet to login to Zoom
- 2) An exercise mat
- 3) A positive attitude

SCAN ME



In partnership with:



## SUN LIFE-KKH LITE PROGRAMME



Join us for a fun-filled programme to build healthy habits for children!



## ABOUT US

LITE Programme is created by a team of KKH specialists dedicated to helping families and children with obesity build healthy habits for long term health. We recommend active weekly participation in the LITE programme over at least six months to achieve health benefits.

## OUR VISION

We believe that parents and caregivers are their child's first role model for healthy habits. Thus, home is the best environment to build lifelong healthy habits.



## PROGRAMME DETAILS

### 1 Physical Activity

Get active at home with our coaches through Zoom. We incorporate games and circuit exercises to get you moving and build these skills!

Agility



Balance



Cardio



Strength



Core & Coordination



\*Please inform our exercise coach in the event your child experiences any unusual symptoms or signs or feels distress during the physical activity session

\*When participating in any physical activity session, there is the possibility of physical injury. It is important that there is an adult to supervise your child at home during our sessions

### 2 Family Sessions

Making healthy lifestyle choices can be challenging. Our psychologist, medical social worker and Active Health coach will guide families in overcoming barriers, managing stress and setting goals!

Our paediatrician will also share on how healthy habits are linked to healthy growth and holistic development of your child.

## BUILDING HEALTHY EATING HABITS

Build your knowledge of healthy eating habits with our dietitian

Topics covered include:

- Fruits
- Vegetables
- Breakfast
- Snacks
- Sugar
- Festive eating
- Sweetened beverages
- Supermarket
- Eating Out
- Healthy Plate



Try out recipes to increase fruits and vegetables intake



Interactive quizzes to test your knowledge



WhatsApp group with fellow parents and coordinators to share resources and tips

