15/11/2023

Dear parent/carer

The Health Improvement Team and the young people of Halton have developed a health and wellbeing app aimed at teenagers aged 13-19. The health app has been designed to motivate and educate young people around these specific health topics:

* Healthy Eating
* Energy Balance
* Sleep
* Physical Activity
* The Teenage Brain
* Caffeine

And many more.

As well as the app, your young person will receive **one** of the following as an incentive to be more active:

* Funded access to Active Halton (Kingsway/Brookvale) gym and swimming facilities for three months.
* £50 Decathlon voucher
* Funded access to The Heath Gym for 3 months (aged 16+)
* Funded access to Optimum Fitness for 3 months (aged 14+)

If this is something your teenager would like to be part of, you can refer them via this link <https://halton.me/fit-4-life-teen-edition/>

The Health Improvement Team will then email you with the next steps.

If you have any questions please contact [HIT@halton.gov.uk](mailto:HIT@halton.gov.uk)

Yours sincerely

Louisa Mogg

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