

HSE West and Titans Basketball club team up for activity plan for overweight Dads and their children.

The HSE West is to team up with a local basketball club to hold a 12 week activity programme targeting overweight Dads and their children aged 8-13 years who are also overweight.

The programme is called 'Bounce –Built to Move 2' and involves 1 hour sessions twice a week for 12 weeks. The aim of the programme is to halt and reverse the trend towards increasing weight gain in men and children through increased physical activity, nutritional advice and information coupled with motivational support.

This physical activity and lifestyle awareness programme is being drawn up by the HSE West Health Promotion Department and Titans basketball club.

Many studies tell us that the father's attitude is central to the eating and activity behaviours of the entire family. It is now well known that a Dads BMI score is a strong predictor of his children's BMI score. Hence we are calling on overweight Dads and their children to participate in this fun based educational lifestyle awareness programme.

Health Professionals are available to provide information about the programme and to answer any questions that parents might have by calling 091-548323.

"This is a great opportunity for Dads and their children to develop a deeper bond by supporting each other to increase their levels of physical activity and to eat smarter says Paul Gillen, Health Promotion Officer, HSE West. Paul goes on to say that "Parents will have the opportunity to develop their physical activity skills but also to learn about correct portion sizes, food labels, food types and how to initiate and sustain simple behaviour changes".

Titans have more than 400 children and adults playing basketball on a regular basis for both fun and for competition and the experienced international coaches provide exemplary sessions to help each participant reach their potential.

The programme will commence on Sept 18th in the Westside community centre, Galway City. There are 25 places available on this programme for Dads and their child so please call 091-548323 for an application form.