



Hello to a healthier you... with Premier Wellbeing.

Premier Wellbeing focuses on inspiring healthy changes that have a positive impact on the lives of children, parents and teachers. Our initiatives reach toddlers all the way through to adult fitness via one of our healthy lifestyle programmes. With a 'Whole School Approach' to health and wellbeing, Premier helps create healthy environments providing the facts, engaging advice, guidance and inspiring practical, interactive sessions.

Play-Trition (0-5 years)

Fun-Trition (5-11 years)

Fit-Trition (Teachers)

Fit-Trition (Parents)

Our main principles of keeping healthy are fundamental throughout all of our programmes;

- Eating Well
- Drinking Well
- Moving Well
- Sleeping Well



Over 1/5 of reception children are **overweight or obese**, as are one third of children in Year 6.

Play-Trition.

Play-Trition sessions are play-based learning sessions developed around the principles of EYFS, supporting young children to begin to understand and make healthy lifestyle choices.

Our Play-Trition characters Joe and Emma bring to life a variety of interactive sessions that focus on the key areas of physical, personal, social and emotional development. Lessons are designed to help children explore an abundance of foods, discovering where they come from, which are healthy, and how they will affect your body - including how they give you energy.

Fun-Trition.

Fun-Trition provides a series of fun and inspiring cross curricular (Science D&T, PHSE, Maths and more) lessons for all year groups (KS1 and KS2).

The aim of Fun-Trition is to develop food, nutrition and physical activity knowledge as well as cooking skills. Food science experiments and emotional health lessons will also motivate and empower children and their families too. Following the programme children will have the **confidence and understanding to make healthy choices and influence and inspire those around them**. On top of these great benefits, Premier Wellbeing's programme also supports the new Ofsted requirements for creating an ethos and culture of healthy eating within your school and measure impact via our online portal

Fit-Trition.

Fit-Trition promotes the 'Whole School Approach' to healthy and active living, classes take place at your school and seamlessly fit into everyday life.

Fit-Trition sessions can take place after the school drop off (for parents), after the school pick up (for teachers) or whenever suits your school - a convenient and flexible fitness activity. With nutritional advice, motivational facts and a friendly, non-competitive environment, Fit-Trition is accessible to all. **Assisting with self improvement, improved body posture and muscle tone - Fit-Trition helps teachers and parents lead the way and set a shining example to children on health and wellbeing.** An extra plus, if you even needed one; by getting involved with Fit-Trition, parents are more likely to engage with the school on other fronts too.



Only 22% of children aged between 5-15 years complete 60 minutes of physical activity daily.



Only 9% of children aged 2-4 years meet the guideline of three hours of physical activity daily.

Keep healthy and active.

Premier's programmes don't just increase knowledge; they develop emotional awareness, determination, motivation to change and encourage family interaction.

Through fun and interactive sessions food education, all round wellbeing, fitness and the important of family engagement are brought to life. Premier's programmes also support schools in delivering on the health and wellbeing agenda, with the added benefit of improved pupil behaviour, attendance and academic achievement all culminating from Premier's wellbeing initiatives.

Visit premier-education.com for more information

