

## LUTTERWORTH AREA NEWS

# Weighing up success

By Michael Whelan

**A HEALTHY eating and exercise programme at Lutterworth Sports Centre is coming to an end after a successful three-month run.**

Six children and their families have been taking part in the scheme, called Mind, Exercise, Nutrition and Do it! (MEND).

The course involved taking part in four hours of nutrition and exercise sessions every week for ten weeks.

The programme, which was operated by Harborough District Council and Sainsbury's, aims to change the lives of the families involved by encouraging them to lose weight and get healthier by enjoying a good diet and taking exercise.

Mary Scott-Morgan, who normally works as a community food and health advisor for Sainsbury's, delivered the programme.

She said: "It's shown great results in the Lutterworth area and all those who have taken part have lost weight and are now leading much healthier lifestyles.

"Not all the children who started the course stayed with it until the end but those who did have really seen the benefits.

"They have made a number of small changes to their diet and exercise routines and overall this



● Healthy option...Alice Markham, Alistair Markham, William Batchelor, Mark Huskinson, Mary Morgan-Scott and Richard Vickers at Lutterworth Sports Centre.

(Picture: Andrew Carpenter/001214-11)

will make a very big change to their lives."

Children who took part in the programme were weighed at the start and again at the end to see how far they had progressed during the course.

Mrs Scott-Morgan added: "They had all lost weight and in questionnaires we gave them their self-esteem had improved as well."

A programme is now being held at Harborough Leisure

Centre as a result of the success of the course at Lutterworth Sports Centre.

Visit the website [www.mend-programme.org](http://www.mend-programme.org) or call 0207 2317225 for more details about MEND.

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