



One-minute guide

Be Your Best



What is Be Your Best?

Be Your Best is Surrey's free weight management programme for Surrey families with children aged 0-12yrs, who are above a healthy weight range. Be Your Best can help all parents with universal online advice, but families who might need an extra hand to manage their child's weight can get further, personalised support from a nurse/health coach, plus learn more at online group sessions, designed to help change long-held habits.

What can you expect on the programme?

For eligible families we offer one-to-one consultations and exclusive online workshops for parents. The Be Your Best nurse/health coach will support you with tailored advice on topics such as Eatwell Guide, portion size, understanding sugar and making healthy choices. We are currently running six-week online group sessions that run every Tuesday and Thursday at 4pm – 5.30 pm via Zoom. Group sessions cover a range of topics and allow you to meet other parents. Topics covered include:

- Being our best and influencing our children to be their best
- Planning for the best future
- Cooking session on making simple and nutritious meals for your family
- Importance of sleep, activity and reducing screen time
- Fun and interactive online supermarket tours on labels and making healthier choices

How long is the programme?

If you're accepted onto the programme, you are expected to take part in 12 engagements including 1:1 sessions at the family home, and a variety of online sessions including weekly group sessions, cooking workshops and Family FIT sessions. The programme can take anywhere between 3-6 months.

How do I join the programme?

Simply complete the BYB Registration Form using this link [Attendee Signup - Upshot](#) and we'll take it from there. If you have any questions about the information we are asking for, please contact us using the email address below. Professionals from any sector can refer, parents are also encouraged to self-refer.



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Contact us:

Website: www.bybsurrey.org

Email: <mailto:beyourbest@surreycc.gov.uk>

Phone: 01483 517005

“Thank you for our goodies, #Beyourbestsurrey looking forward to using them with family at the weekend. My daughter & I have really enjoyed the programme.” BYB parent, Reigate and Banstead

“I found useful the information sheet on correct portion of fruit and veg.” BYB parent, Epsom and Ewell