



# School Health & Wellbeing Packages

[www.kellyshealthandfitnessacademy.com](http://www.kellyshealthandfitnessacademy.com)



# Introduction

My name is Kelly and I am the founder of Kelly's Health and Fitness Academy. I have over eight years experience within the health and fitness industry it is my aim to make a difference to the lives of young people by sharing my knowledge about healthy lifestyles and building positive mindsets.

With statutory guidance regarding Health Education recognising the link between physical health and mental health and the Health Education element of PHSE becoming compulsory from September 2020, it is the aim of my business to support this teaching and education to young people in schools.

My education packages are designed to meet the learning outcomes of this new curriculum. Each package promotes fitness and wellbeing through facilitation with students gaining an understanding of their own emotions and those of others and developing healthy coping strategies. Students will gain knowledge, develop understanding of healthy living, acquire key skills and develop the required language and confidence to seek support for themselves and others as required.

All workshops are interactive and aim to guide students to self reflect. As students progress through the packages, the workshops become more action orientated, guiding students to use their new knowledge to plan, implements and review personal goals, skills that can be used now and for the rest of their lives.

I look forward to hearing from you in order to explore how I can enhance your students' self awareness which in turn will complement their efforts in reaching their full potential.

Kind regards,

  
Kelly Hurd



## BRONZE

### 3 Workshops

- Introduction to the fundamentals of health and wellbeing
- What is mental health?
- What is physical health?

## SILVER

### 6 Workshops

- Introduction to the fundamentals of health and wellbeing
- What is mental health?
- What is physical health?
- What is healthy eating?
- How does what I eat affect my health?
- What are cardiovascular diseases?

## GOLD

### 9 Workshops

- Introduction to the fundamentals of health and wellbeing
- What is mental health?
- What is physical health?
- What is healthy eating?
- How does what I eat affect my health?
- What are cardiovascular diseases?
- How to actively influence my wellbeing?
- How to be mindful & alert to my wellbeing?
- Benefits of being active and risks of inactivity.
- How to set healthy goals/routines
- 3 weeks of 1:1 mentoring for up to 5 students.\*

## PLATINUM

### 12 Workshops

- Introduction to the fundamentals of health and wellbeing
- What is mental health?
- What is physical health?
- What is healthy eating?
- How does what I eat affect my health?
- What are cardiovascular diseases?
- How to actively influence my wellbeing?
- How to be mindful & alert to my wellbeing?
- Benefits of being active and risks of inactivity.
- How to set healthy goals/routines
- Action planning for a healthy lifestyle.
- Review actions set & set new goals
- My next steps...
- 6 weeks 1:1 mentoring for up to 5 students \*



# School Health & Wellbeing Packages

[www.kellyshealthandfitnessacademy.com](http://www.kellyshealthandfitnessacademy.com)

\*up to 5 students included, 1:1 mentoring available for all students

# BRONZE

## 3 Workshops

Three workshops providing an overview of the fundamentals of health & wellbeing.

Covering the following learning outcomes:

### **Workshop 1:**

What is health and wellbeing? Mental health conditions and issues are discussed which is an effective means of breaking down any associated stigma.

### **Workshop 2:**

The definition of physical health is explored, discussing the benefits of movement and exercise.

### **Workshop 3**

An active session to reflect on how mental and physical health are interlinked, including coping strategies to manage stress and the importance of asking for support if required.

# SILVER

## 6 Workshops

As well as benefiting from the overview of the fundamentals of health and wellbeing covered in the bronze package. Students gain an extra three workshop covering the following learning outcomes:

### **Workshop 4**

An interactive workshop to explore and understand the principles to healthy eating. This workshop includes reviewing three foods to determine which is the healthiest.

### **Workshop 5**

A dynamic workshop exploring the nutritional values of healthy and unhealthy eating and how it can affect your health?

### **Workshop 6**

A workshop covering the basics of cardiovascular diseases such as high cholesterol, diabetes type 2 & heart disease.

# GOLD

## 9 Workshops

As well as benefiting from the overview of the fundamentals of health and wellbeing covered in the bronze package and the principles of healthy eating in the silver package.

Students will gain an extra three workshops covering the following learning outcomes:

### **Workshop 7**

A reflective interactive workshop exploring values and beliefs and proven techniques to actively influence your wellbeing.

### **Workshop 8**

Benefits of being active and risks of inactivity.

### **Workshop 9**

The benefits of setting healthy goals/routines.

### **BONUS**

Three weeks of 1:1 mentoring for up to five students included (mentoring for all students option available).

# PLATINUM

## 12 Workshops

As well as benefiting from the overview of the fundamentals of health & wellbeing covered in the bronze package, principles of healthy eating and wellbeing in the silver and gold packages. Students will gain an extra three workshops covering the following learning outcomes:

### **Workshop 10**

Students will be empowered through an action planning activity to make healthy changes to their lifestyle and set healthy goals/routines.

### **Workshop 11**

Review and reflect on set backs to action, set and refine goals.

### **Workshop 12**

A reflective workshop to empower students to reflect on their lifestyle and consider steps to improve their health.

### **BONUS**

Six weeks of 1:1 mentoring for up to five students included (mentoring for all students option available).

# School Health & Wellbeing Packages

Email: [contact@kellyshealthandfitnessacademy.com](mailto:contact@kellyshealthandfitnessacademy.com)

[www.kellyshealthandfitnessacademy.com](http://www.kellyshealthandfitnessacademy.com)

