

## **Please support the Back to School, Back to Health campaign**

This campaign is focused on getting children and families across Suffolk ready for the imminent return to school.

Families and children are encouraged to complete ten weekly challenges, linked to different aspects of a person's lifestyle to help them to improve emotional and physical wellbeing. The challenges encourage people to eat well, move more, sleep better, give something and connect with family and friends. Challenges can be done in any order, at any time over the next ten weeks. It's never too late to join in!

After completing each challenge, participants should call us on 01473-718193 or complete the online form <https://onelifesuffolk.co.uk/backtoschoolbacktohealth/> to receive a challenge sticker. Those who collect all 10 challenge stickers will be entered into a prize draw to win a Fitbit for each family member. (Ts & Cs can be found [here](#))

### **How you can help:**

After such a long and unprecedented lockdown, it's important to think about some of the habits we've developed during this time. Some of these will be positive habits we want to continue, and some may have helped us get through lockdown but are not good for our health and wellbeing long term. These ten challenges will hopefully encourage and inspire families in the County to improve their mental and physical health.

Please support our Back to School, Back to Health campaign by sharing our resources with your patients, members, clients and contacts. We want to encourage as many people as possible to take part.

For more information, please click [here](#).