



P.E.A.C.H. Pediatriac Eating, and Activity Change for Health Programme Overview



ARGYLL & BUTE

PEACH is our family based healthy lifestyle programme. It involves attending 8 weekly interactive sessions facilitated by our dietetic support workers.

These video calls are delivered via a secure platform, NHS NearMe.

Our 1st session is an assessment appointment with a dietitian.

PEACH Session Topics

Week 1 - Energy balance

Week 2 - Healthy Eating

Week 3 - Physical Activity

Week 4 - Portion Sizes

Week 5 - Food Labelling &
Fat, Salt, Sugar

Week 6 - Smart Swaps

Week 7 - Tricky Situations

Week 8 - Preventing Relapse

