Ready Steady Go!

the family healthy lifestyles programme in Southwark!

By taking part in our Ready Steady Go! programme, we can support you and your child to live a healthier, happier lifestyle! To find out more, why not contact us on the details below.

For information, contact us on 020 7926 2836
alternatively you can email readysteadygo@lambeth.gov.uk
or visit www.lambeth.gov.uk/readysteadygo

This project is funded by Public Health - Southwark and is provided by Lambeth’s Healthy Lifestyles Team
Who is the programme for?

Ready Steady Go! is aimed at families with children between the ages of 4-12, who are above the healthy weight.

Our programme provides parents and children the chance to learn about nutrition and take part in physical activity. Learning to live a healthier lifestyle can help reduce the chances of having many long term conditions in the future, including:

- Type 2 diabetes
- High cholesterol
- High blood pressure
- Cardio-vascular disease

Our sessions take place in a number of locations across Southwark, so get in touch to find out where your closest courses are.

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