

EVERY BODY  
COUNTS



## Frequently Asked Questions

## FAQ ANSWERS

### 1 What happens after you sign up?

You will be contacted by one of our lifestyle coaches to discuss where you are currently on your health gains journey- we will then allocate you a place on one of our programmes and/or direct you to some of our hosted content on the website before your Every Body Counts programme begins.

### 2 How can I join?

Simply [click here](#) to be redirected to our Upshot forms, the platform we use to manage registration of our families.

### 3. Will I be weighed and measured?

No, we are leaving weighing and measuring to our clinical colleagues although we encourage families whom this may motivate to track their own progress in their EBC journals.

### 4. What is expected of me?

Be present in the sessions, try to commit to the program with your family as whole heartedly as you can- have fun, take risks, reflect on where you are and where you want to be, arrive on time, let us know if you cannot attend.

### 5. Who is this for?

This is a program for families, made by people who have families. The aim is to make Warrington healthier and happier in the very near future by creating opportunities to make health gains in physical activity, mental wellness and nutrition whilst giving families time together to make lasting habit changes.

### 6. How much does it cost?

Nothing- the program is entirely free to you.

\*All donations to the WWCF are welcome however\*

7. How long is the program?

The program involves 12 weeks of engagement- mixing face to face activity with online content and check ins with our lifestyle coaches.

8. Where are sessions based?

Sessions have been based at the Halliwell Jones Stadium as well as local primary schools/high schools and community settings.

9. Will I need any equipment?

No, aside from clothes you are comfortable to complete physical activity in.

10. Do I have to do exercise?

We encourage families to participate in activities together, including the physical activity aspect of the program.

11. Do I have to stay for all of it?

We do encourage you to stay for all of the activities- it is important that you are part of the group and look to engage with all aspects of the program.

12. What is typically involved?

The program itself involves physical activity which usually takes up at least half of the session. The remainder of the session is based in some work with the families on either nutrition and meal choices or around mental and emotional wellbeing.

13. Is it always the same people in the group?

In its current form Every Body Counts has 2 groups of participants who will be led by one of the lifestyle coaches and supported by another (or one of the other members of our Warrington Wolves community foundation staff) They will be split between 2 days and come together on special events.

#### 14. What are Health Gains?

We believe that Health gains can be made in all areas of our lives- whether it be in Physical activity, Mental Wellbeing or Nutrition.

Health gains, therefore, are improvements people can make for themselves- not just because they are told to do so- but because they want to.

#### 15. What types of Physical activity are there?

We have included a wide range of activities so far. This has included Circuit training, Dodgeball, Resistance training, Dance, Boxercise and Yoga.

#### 16. Is this Kids only?

Absolutely not! This is a program for all the family and we feel it is extremely important that families complete this program together and form those lasting habits.

#### 17. Can I bring a friend?

Absolutely! We feel it is important to meet people “where they are” on their health gains journey and if that journey involves a friend or a colleague we are more than happy to work with them too!