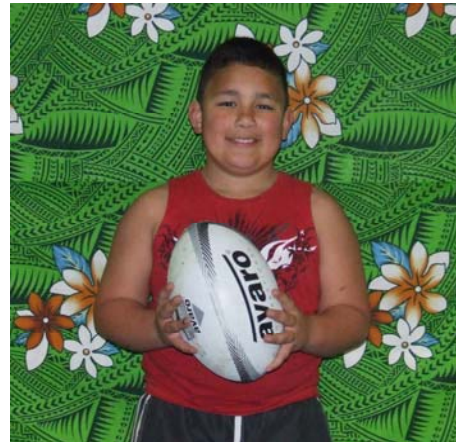


## Jonty and his love of sport

Jonty started Active Families in October 2009 and Graduated in August 2010. Since leaving Active Families, Jonty has become more motivated and confident in everything he does. He has just finished his season of rugby, which he thoroughly enjoyed. When Jonty is not playing rugby, his big brother Alex takes him down to the park to kick the ball around. He also walks to school and home again every day without fail!



Jonty's eating habits are slowly changing, with plenty of fruits and veggies added to his diet and the odd treat when he has earned it. Jonty's family is behind him every step of the way, joining in with him with games, supporting him at his rugby game and always encouraging him.

We have learnt a lot from Active Families, and we are still adapting our every day life. Our family motto is "you don't know what it's like until you try it". We thank Active Families for being part of our lives and encourage other families to take up this great opportunity.

Thank-you,  
Fidow-Bird family!