

## MYA TAKES ON THE WORLD!

Mya began taking part in Active Families last year and since then Mya has become more confident and willing to try new things.

Through Active Families, Mya has had the chance to be involved in Round the Bays, The 5km Heart Foundation Walk and The Magic Mile. She loved doing them all.

Mya has just started Karate which she loves and has already been invited to a grading after only seven lessons to move up a tip on her belt. When Mya is not doing Karate, she is swimming and was just awarded the "Dash Swimmer of the Week". She loves to exercise.

After 5 years of refusing to drink milk, she is slowly starting to drink milk again. Her attitude towards food has altered for the better and she is now eating more fruit and vegetables.



Paulien has helped by giving us some healthy recipes which Mya and I cook at home. It has enabled Mya to become creative with healthier options.

We've learnt so much from Active Families programme and have loved meeting all the families. We are grateful to all the staff involved in the programme.

Mya is now a fit, happy and healthy 7 year-old who will try anything.

Thank you.