

WE CAN'T WAIT FOR WIMBLEDON!

# TOP TENNIS FACTS!

On 27th June, the Wimbledon Championships will begin for two weeks Tennis tournaments! Maybe you will become inspired to pick up a racket and try a game of tennis?

Tennis balls used to be white, but they changed to fluorescent yellow, so they were easier to spot on the telly!

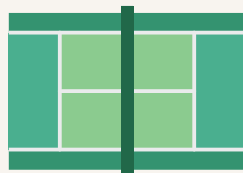


140,000 portions of strawberries and cream are served over the two week tournament

The Wimbledon rules state that players must be dressed head to toe in almost entirely white...



...in 2013 the umpire told Wimbledon superstar Roger Federer to switch his trainers, because they had orange soles!



During a match, a player runs an average of 3 miles up and down the court!



Before tennis rackets were available, people would use the palm of their hands to hit the ball over the net. Players suffered from swollen, red hands - so rackets were invented in the 16th century!



HELLO, PARENTS & GUARDIANS!

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We are experts in engaging children with healthy eating and physical activity and can help you turn healthy efforts into healthy habits for life!

Over an hour's chat, we will give you advice about family nutrition & exercise, and work together on a personalised behaviour change plan for your family.

We'll check in a month later to see how you're getting on!



SCAN ME WITH YOUR SMARTPHONE CAMERA OR CLICK HERE TO SIGN UP!

\*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Gloucestershire and include one child aged 5 - 15 who is above their ideal healthy weight.