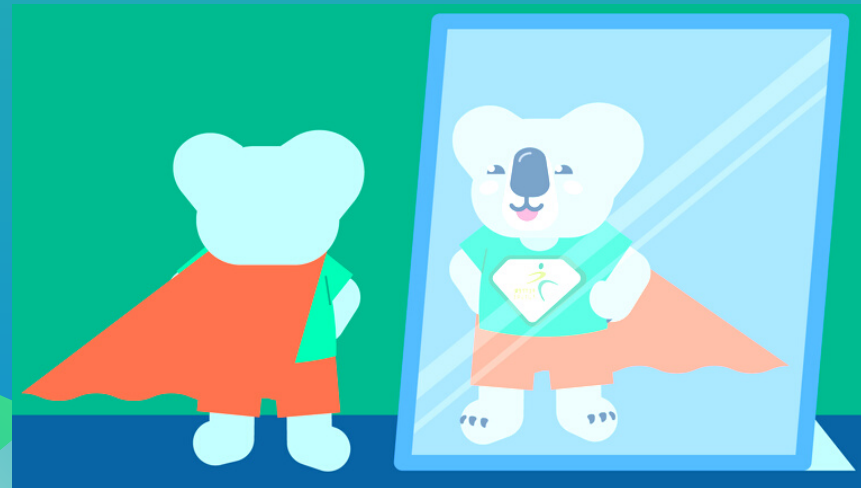




# *WELCOME TO FITTER FUTURE*



# *WHAT IS FITTER FUTURE*

Fitter Future is a series of online fitness exercises and mindful moments designed to get children up and active whilst at home and fight childhood obesity.

Our Be Mindful programme gives children the tools to improve their emotional and mental well-being.

# ***WHY PARENTS LOVE FITTER FUTURE***

Fight childhood obesity  
Equip children with the tools to improve their emotional and mental well-being  
Increase concentration  
Decrease behavioural issues  
Increase awareness of their feelings and emotions of others  
Easy to use  
Fun for children  
Free home access  
Data to prove impact

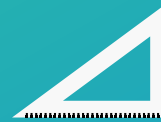
# *HOW TO LOGIN*



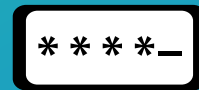
Go to [www.fitterfuture.com](http://www.fitterfuture.com)



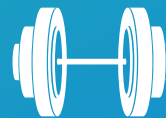
Click 'Sign In'



Select 'Student'



Enter your username and password



Once logged in select 'Get Active' or 'Be Mindful'