



YOU ONLY LIVE ONCE

A complete resilience, health & well-being programme for young people upto 24 years of age



“We need to find a way to cause learners to stop and consider the impact lifestyle choices have on their ability to achieve”

Greater Merseyside Learning Providers Federation

“We’re more energetic, we want to get up and go!”

Student on the YOLO programme



### **Aim**

To assist the local authority and CCG with public health strategies for supporting the health and well-being of young people in both local and wider communities.

### **Background**

**YOLO** is a complete resilient, health and well-being programme and is focused on young people aged 16–24 years of age. We piloted this programme last year with the Greater Merseyside Learning Providers Federation [GMLPF], and it proved to be a huge success with students, educational facilities and the experts we brought in to work with the students.

**YOLO** supports our young people to be healthier and encourages our young people to be inspired to aspire, whilst embracing the four elements of health and well-being ...

- ♦ **To Connect**
- ♦ **Be Active**
- ♦ **Take Notice**
- ♦ **Keep Learning**



## YOLO Sessions

The YOLO program is split into sessions, each with a clear incentive.

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### 🍂 Part 1: Introduction

An introduction to the YOLO program and ice breaking session with students.

### 🍂 Part 2: Be Fearless

This session involves positive risk taking. We do this by taking the students to Airborn Academy, where they take part in a Free Running beginners sessions with their trained experts. In our pilot program, the students engaged with this and overcame their fears about the physical element of the exercise and enjoyed the sessions thoroughly. The sessions are designed to teach the young people that we can achieve great things by overcoming such fear. Many said they found the Free Running sessions a preferable alternative to regular sports sessions.

### 🍂 Part 3: Be Mindful

This session involves yoga and mindfulness, with a mindfulness expert leading the session to help the young people cope with stress and anxiety.

### 🍂 Part 4: Be Healthy

Our health is a vital aspect of our personal well-being. Our sessions with a health food expert shows that it is how we eat that is important, not how much we eat, and the way in which this contributes to our own physical and mental well-being.

### 🍂 Part 5: Be Inspired to Aspire

In the final session, we invite a motivational speaker, such as a successful business person or media personality, to speak to the students about how they reached their achievements, and how the young people can go about doing the same for their own life goals.



## Outcomes

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As a result of the YOLO programme, young people will be able to demonstrate understanding of ...

- 🍂 Good personal health including good hygiene [Parts 2,3,4]
- 🍂 Positive and negative behaviours [Parts 1, 2, 3, 5]
- 🍂 Connecting, developing and maintaining good relationships [Parts 1, 2, 3, 5]
- 🍂 Value of being active [Parts 2, 3]
- 🍂 Good mental wellbeing [Parts 2, 3, 5]
- 🍂 Awareness of a balanced diet [Part 4]
- 🍂 Healthy lifestyle [Parts 1, 2, 3, 4]
- 🍂 Relaxation techniques [Part 3]

The techniques that the YOLO programme teaches promotes important traits such as increased motivation, positive attitudes, self-efficiency and awareness.

Click the link to see the YOLO programme in action, from the piloted program with GMLPF: [www.youtube.com/watch?v=gdtDsK08Kp0](https://www.youtube.com/watch?v=gdtDsK08Kp0)

If you would like further information, you can also read articles about the YOLO programme by GMLPF and Educate Magazine.

To become involved in YOLO, [click here: www.sohealthco.com](http://www.sohealthco.com)

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“Be the change you want to see in the world”  
*Ghandi*

