

Bike4Life

Did you know that if we carry on as we are, 9 out of 10 of today's children risk growing up with dangerous levels of fat in their bodies? This can lead to serious illnesses like heart disease, cancer and type 2 diabetes in later life.

All parents want their children to grow up to be happy, healthy adults, but for some families it can be hard to know how to achieve this. Change4Life is a nationwide movement to help families to eat well, move more and live longer.

A great way to keep active and stay healthy, and spend time together as a family in the fresh air, is getting out and about on a bike.

That's where Bike4Life comes in, but we need your help and support. By talking to families about all the benefits of cycling and encouraging them to cycle as a way of keeping active, you will be helping them to Change4Life.

The Bike4Life toolkit is full of useful tips and information that make riding accessible to almost anyone, from advice on buying a bike to fun ways of making trips even more enjoyable.

For ideas to help local families get on their bikes, visit www.nhs.uk/change4life and click on 'partners and supporters' to download the Bike4Life toolkit.