

Get on your bike and Change4Life!

Did you know that if we carry on as we are, 9 out of 10 of today's kids 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.

We all want our children to grow up to be happy, healthy adults but it can sometimes be hard to know how to achieve this. Change4Life is here to help us all eat well, move more and live longer.

Cycling is a great way of moving more, and getting out and about on your bike will help keep you active and stay healthy.

The Bike4Life information pack gives you loads of tips and information that make riding fun for everyone. You'll find advice on buying a bike, hints on riding safely and fun ways to make trips even more enjoyable. There's even information on learning to ride a bike or helping regain confidence.

For ideas to help your family get on their bikes, search 'Change4Life' online or call **0300 123 4567**.*

* Calls to 03 numbers should cost no more than geographic 01 or 02 calls, and may be part of inclusive minutes subject to your provider and your call package. We're open from 9am to 8pm, 7 days a week.