

Bike4Life

Change4Life is here to help families eat well, move more and live longer. A great way to keep active and stay healthy – and spend time together as a family – is getting out and about on a bike.

Nearly anyone, at any age, can learn to ride a bike. Bike4Life offers useful cycling tips and information, from advice on buying a bike to fun ways to make a trip even more enjoyable.

For ideas to help families in your area get on their bikes, visit [**www.nhs.uk/change4life**](http://www.nhs.uk/change4life) and click on 'partners and supporters' to download the Bike4Life toolkit.