

hands up who wants our kids to live longer?

We all do! But if we carry on living as we are, 9 out of 10 kids are set to grow up with dangerous levels of fat in their bodies. This can cause life-threatening diseases like cancer, diabetes and heart disease. So it's really important that we all get together and do something about it - now!

Change4Life is a nationwide movement which aims to help us all, but especially our kids, eat well, move more and live longer.

Get involved today!  Search for Change4Life or call  0300 123 4567*

