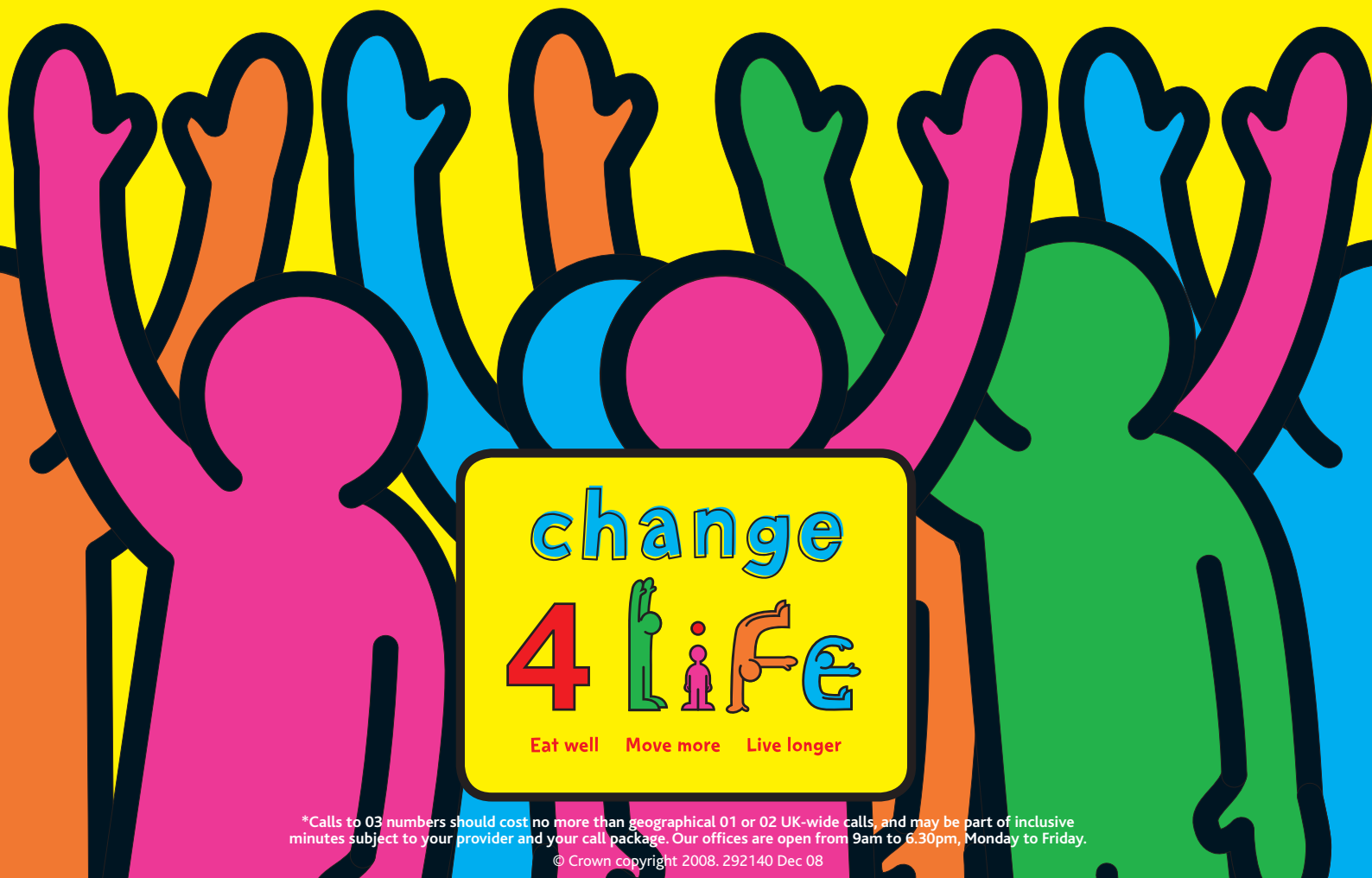


# hands up who wants our kids to live longer?

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!  Visit [www.nhs.uk/Change4Life](http://www.nhs.uk/Change4Life) or call  0300 123 4567\*



\*Calls to 03 numbers should cost no more than geographical 01 or 02 UK-wide calls, and may be part of inclusive minutes subject to your provider and your call package. Our offices are open from 9am to 6.30pm, Monday to Friday.

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