

# 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 of the kids in your class risk growing up with dangerous levels of fat in their bodies. This can cause life-threatening diseases like cancer, type 2 diabetes and heart disease. So it's really important that we all get together and do something about it.

Change4Life is a nationwide movement which aims to help families eat well, move more and live longer. It can be used to complement your Healthy School, your Million Meals campaign activities and your Extended Schools activities.

Sign up today as a local supporter. Visit [www.nhs.uk/Change4Life](http://www.nhs.uk/Change4Life)   
or call  0300 123 3434\*

Change4Life is supported across the Government



department for  
children, schools and families



Healthy Schools  
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