

change
4 life

Eat well Move more Live longer

support change4life

and help families make changes
for a healthier future.

A stylized illustration of a diverse group of people, represented by colorful silhouettes (pink, blue, green, orange) with their arms raised in a gesture of support or celebration. The background is a solid yellow color.

Sign up as a local supporter today at
www.nhs.uk/change4life

change4life - what's it all about?

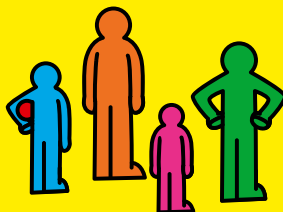
Change4Life is a nationwide movement that aims to help us all, but especially our kids, eat better, move more and live longer.

These days it's easy to eat too much unhealthy food and get too little exercise. As a result, we end up with too much fat in our bodies.

The link between this fat and preventable illnesses such as heart disease, type 2 diabetes and cancer has been proven. Children are particularly vulnerable because the habits they get into when they are young can turn into health problems when they're adults. In fact, if we carry on as we are, 9 out of 10 of today's kids will grow up with dangerous levels of fat in their bodies.

Change4Life needs you!

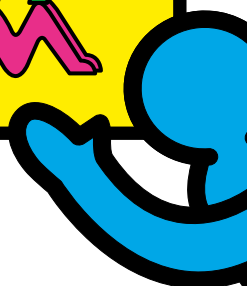
We need to help families change their lifestyles, and that's a big challenge. But we know that they're much more likely to be persuaded if they get help and support from local, trusted sources.



That's why we need local supporters – individuals like you – to support the campaign by passing on information, putting up displays and talking to families in their local community about Change4Life.

Maybe you are

- an individual volunteer
- a community group or club
- a healthcare professional
- a local authority or school
- a local business or a local branch of a national organisation or commercial brand.



what's in it for you?

Whether you're a professional or a volunteer, we'll provide everything you need to support Change4Life.

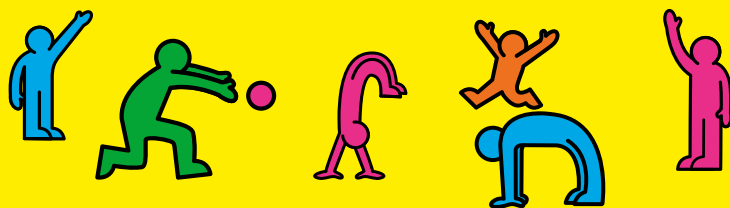


Clear, family-friendly information to make it easy to explain Change4Life, whether you're an expert on diet and exercise or just keen to help.

New ideas to fit with your existing work with families, from inspiring activity suggestions to fresh ways to explain topics, plus regular updates.



FREE colourful resources to help you show your support and tell others about Change4Life. Find out more and download your free resources on the Change4Life website, or request a Change4Life supporter toolkit as a printed pack (but hurry, as stock is limited!)



Find out more and sign up as a Change4Life local supporter

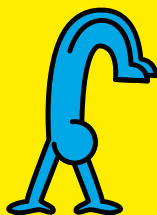
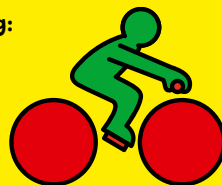
visit www.nhs.uk/change4life
and click on 'partners & supporters'
or call  0300 123 3434*



don't forget to visit the change4life website

Check out the new Change4Life website – and tell the families you work with to take a look too. It's crammed with information, tips and fun activities for families, including:

- more information on the 8 ways families can make healthy changes
- simple ideas and top tips on how to adopt them
- searchable database of local activities.



Plus you'll find dedicated resources for local supporters in the 'partners & supporters' section, such as:

- downloadable posters, leaflets, logos and other materials to make it easy for you to support Change4Life
- case studies in which other local supporters share their ideas for running Change4Life activities.

Sign up today as a Change4Life local supporter

 **visit www.nhs.uk/change4life**
and click on 'partners & supporters'
or call  0300 123 3434*

*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 8pm every day.