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Themes: Advocacy

Aimed at: All People

information directory to help people find local & national support services Tips on how to eat well, move more and live longer.

Would you or your family like to be healthier and happier? Would you like loads of ideas, recipes and games to help you do this? Then you already know why you should join Change4Life.

What is Change4Life

Change4Life aims to ensure parents have the essential support and tools they need to make healthier choices for their families.

We know that modern life can mean we are a lot busier, less active, and more reliant on convenience and fast food than we used to be.

But that's where Change4Life comes in, helping families with fun ideas to help kids stay healthy, whether with easy recipes for busy weeknights, great sugar swaps, Disney-inspired games to get kids moving or help in understanding food labels.

Our history

Change4Life was launched in 2009 as part of a national ambition set out in the government's Healthy Weight, Healthy Lives (2008).

Its purpose has been to inspire a social movement, through which government, the NHS, local authorities, businesses, charities, schools, families and community leaders can all play a part in improving children's diets and physical activity levels.

Start making healthier changes today!

New to Change4Life? Here are a few things to get you started:

sign up and join Change4Life

download the Food Scanner app on Google Play or Food Scanner app on the App Store

browse our recipes

play one of our 10 Minute Shake Up games

learn how to make a sugar swap

Looking for dietary advice?

Unfortunately, Change4Life is not able to provide individual dietary advice.

If a member of your family has special dietary requirements, medical needs, an eating disorder or requires specialised nutrition advice – for example, if your child is underweight or very overweight – we recommend you seek guidance from a registered healthcare professional.

Area: Bassetlaw, Bolsover

Contact Details

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<http://www.nhs.uk/change4life>

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