

Win a visit by a top athlete to your school

With less than seven months until the London 2012 Olympic and Paralympic Games, Change4Life and SmallSteps4Life are inviting schools to get into the spirit of the Games and inspire classes to eat well, get active and feel good – and be in with a chance of winning a visit from a top athlete for their school.

Launching on 9th January, the competition asks classes to keep a diary, detailing how they lived like an elite athlete – by working on a healthy activity together each day, eating better and reporting back on how it made them feel good.

To receive further information about the competition...

Join as a Local Supporter at
www.nhs.uk/Change4Life

What are
you
waiting
for?



Make your class' start to
2012 the healthiest one yet.