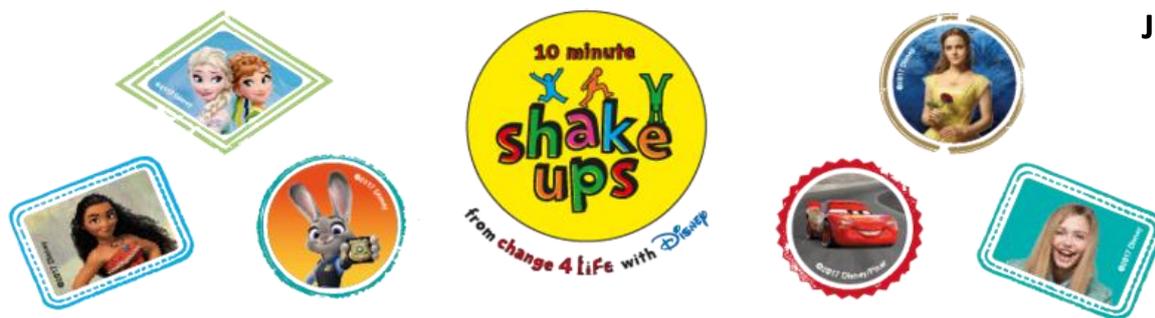


# Change4Life - 10 minute Shake Ups!

Newsletter 6  
July 2017



A new Change4Life campaign will be launching in mid-July and we hope partners will encourage families to sign up to Change4Life and get involved. New Disney inspired 10 Minute Shake Ups and adventure timers will be released each week from the 17th of July and over the summer holidays on the Change4Life website [here](#). Shake Ups will feature characters from Disney Pixar's latest animation Cars 3, as well as Disney's Beauty and the Beast, Moana, Frozen, Zootropolis, and The Lodge. Public Health England will be sending most primary schools 10 Minute Shake Ups resources plus a passport and stickers for children to help them embark on a Shake Ups adventure with Disney over the summer. So look out for these as they will be delivered through the Fruit and Veg scheme. Teaching resources for the Change4Life summer campaign will also be available to download on the Change4Life School Zone. If you don't work in a school you can order passports and stickers for children through the Public Health Resource Centre [here](#) so you won't miss out.

**Plus check out Breeze for a summer of sports and activities in Leeds [here!](#)**

## Updates

### **Leeds Child Healthy Weight Plan**

The Child Health Weight Plan launch took place on the 23<sup>rd</sup> May 2017 with over 80 attendees was a great success. We want to say a big thank you to those who contributed ideas on what next steps will help children and families in Leeds be a healthy weight. These ideas will help inform the development of the implementation plan.

### **Successful local project contributes to the Change4Life campaign**



The Change4Life Fun Day & Swapathon brings to life the Change4Life messages in an enjoyable interactive way and so helps families eat well and move more. Over 200 schools have run Change4Life Fun Days in Leeds with more than 20,000 children and their families taking part. To celebrate we have revamped the kits which are free to loan plus for schools and VCS groups who would like to run a Change4Life fun day we may be able to offer free prizes. Find out more [here](#).

**Please continue to let us know what you are doing to support the Change4Life campaign! For any questions, more information or to share what you are doing please contact: Jan Burkhardt – [jan.burkhardt@leeds.gov.uk](mailto:jan.burkhardt@leeds.gov.uk)**

