

# eat well, get active and feel good!



SmallSteps4Life will help you  
and your school take its own  
small steps challenges to eat  
well, get active and feel good.

To get going visit:  
[smallsteps4life.direct.gov.uk](http://smallsteps4life.direct.gov.uk)

small steps 4 life



FOOD  
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inspired by  
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