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10
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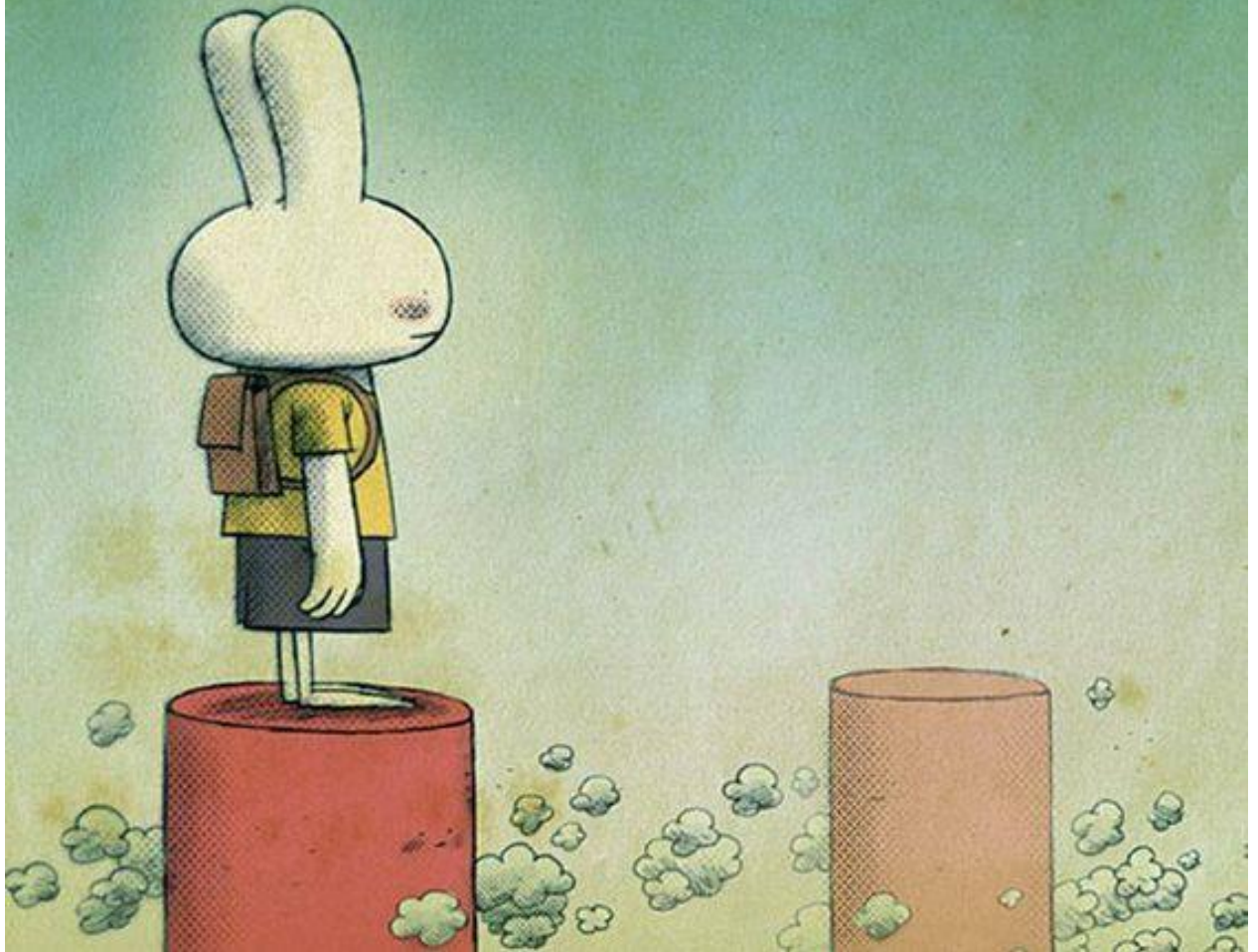
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I WANT YOU



for the **U.S. ARMY**
ENLIST NOW

CHALLENGE YOURSELF A
LITTLE BUT EVERYDAY

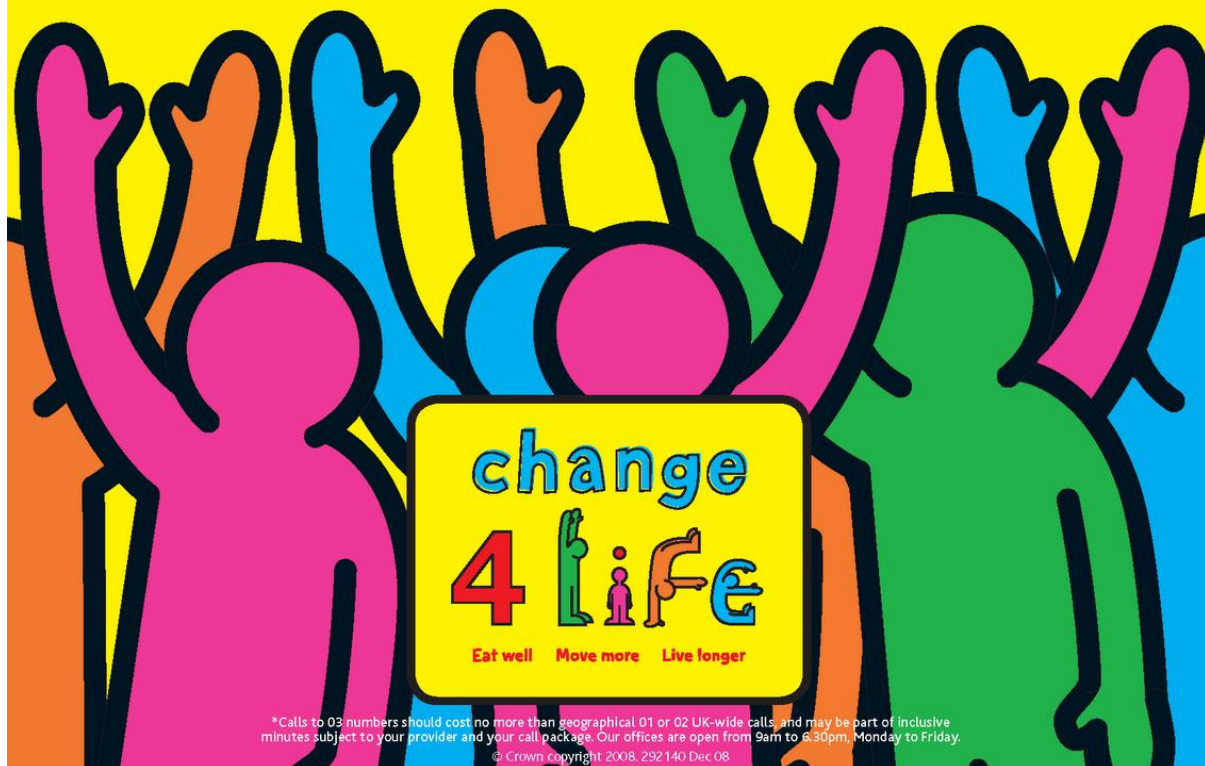


hands up who wants our kids to live longer?

We all do! But if we carry on living as we are, 9 out of 10 kids are set to grow up with dangerous levels of fat in their bodies. This can cause life-threatening diseases like cancer, diabetes and heart disease. So it's really important that we all get together and do something about it - now!

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

Get involved today!  Visit www.nhs.uk/Change4Life or call  0300 123 4567*



*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 6.30pm, Monday to Friday.

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Kids build Lego. Lego builds kids.

The two ways your child can make his mark in life are with his mind and his hands. And if he can develop his mind and his hands doing something he enjoys, all the better.

That's what LEGO is about. More than just a building toy, LEGO makes anything your child's mind imagines, anything his hands build.

So you might say as he builds LEGO...LEGO builds him.





If you think
your family's different,
wait 'til you meet
the family of the future.



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