

# find out more

## Bristol



Bristol Dance Development  
Katy.Noakes@bristol.gov.uk

## Plymouth



Plymouth Dance  
www.plymouthdance.org.uk

## Cornwall



The Works  
www.danceandtheatreincornwall.co.uk

## Somerset



Take Art  
www.takeart.org

## Devon



Dance in Devon  
www.danceindevon.org.uk

## South Gloucestershire



Dance South Gloucestershire  
www.gloucestershiredance.org.uk

## Dorset



Activate Performing Arts  
www.activateperformingarts.org.uk

## Swindon



Swindon Dance  
www.swindondance.org.uk

## Gloucestershire



Gloucestershire Dance  
www.gloucestershiredance.org.uk

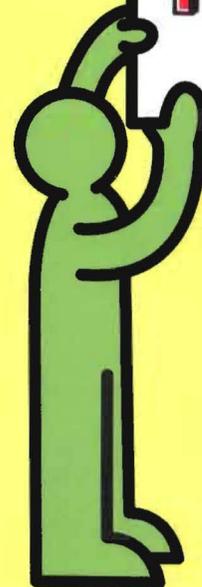
## Wiltshire



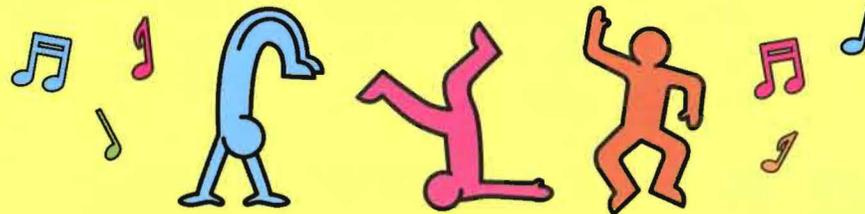
Wiltshire Dancing  
www.wiltshiredancing.co.uk

# let's dance

with change4life



Hip Hop...  
Street Dance...  
Ballet...  
Ballroom...  
Rock'n'roll...  
Tap...



...Whatever Your Style  
**find a class near you**



www.change4life.com

# eat well, move more, live longer

We all want our children to grow up to be happy, healthy adults. But it can sometimes be hard to know how.

The Change4Life movement is promoting tips to encourage small manageable steps to help families eat well, move more and live longer.



## 60 active minutes

Kids need to do at least 60 minutes of activity a day to help them stay happy and healthy.

**tip:** Running around, going to the playground, walking instead of taking the car... and dancing - all count!

## up and about

Spending too long in front of the TV, computer or video games can mean our bodies don't burn off enough fat.

**tip:** Some families find that setting a daily limit for sitting still (e.g. '2 hours max') is a good way to keep their kids active.



# why dance?

Let's Dance with Change4life is all about getting everyone **up and about** and having fun.

Dancing is also an excellent way to get your heart beating faster which will help you keep fit and feel great! And remember, 30 minutes exercise a day is all it takes to help prevent you from obesity, heart disease and other serious health problems later in life.

Get inspiration and ideas by visiting  
[www.change4life.com/dance](http://www.change4life.com/dance)

## where in the south west?

You'll find lots of opportunities  
to dance in the South West.

Below are some places where you can start looking:

Dance South West [www.dancesouthwest.org.uk](http://www.dancesouthwest.org.uk)

Dance Champions [www.dancechampions.org](http://www.dancechampions.org)

See back page for dance  
contacts in your area.

