

HEALTH & WELLBEING

Rochdale Borough Council

Healthy Heroes

This is a campaign launched by the Council to fight for a healthy borough.

Our local primary schools are working co-operatively to help deliver change by signing up to the daily mile, which means that children walk, run or jog outside for 15 minutes every day. 18 children's centres have introduced the 'daily toddle' which involves children under 5 doing 10-15 minutes of toddling outside every day.

10 primary schools have received the Excellence award in the Greater Manchester Healthy Catering Awards for their commitment to providing and promoting healthier options to their pupils. In addition, 105 children and 22 adults swapped sugary drinks for water/low-fat milk for 21 days as part of the GULP (Give Up Loving Pop) Challenge.

In working together and encouraging people to take responsibility and make informed choices, we are building resilience in our borough.

For further information contact:

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