

# Taking the pledge to Live Healthy



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**PETERBOROUGH's** great and good are encouraging residents to change their lives for the better – after pledging to alter their lives to become fitter and greener.

Councillors and business leaders have all pledged to live healthier lives as part of the Live Healthy, Live Green campaign – and are now urging residents to make changes to their lives to improve the overall health of the city.

Leading the list of people who pledged to live a healthier lifestyle was Gillian Beasley, chief executive of Peterborough City Council.

Mrs Beasley pledged to cycle to work twice a week, and to swim three times a week.

She said: "The great thing about cycling is not only does it encourage healthy living, but also it helps the environment. On the days I cycle to work I will also use the bike to travel around the city at work as well, so the number of miles will vary from day to day.

"Both swimming and cycling will also help keep me fit, and prevent the onset of illness and health problems in the future.

"This should help reduce NHS spending in the future."

Leader of the city council, councillor Marco Cereste, pledged to try and lose a stone and a half.

He said: "My pledge has been to lose weight, and I will be going on a diet to achieve the goal.

"From an individual perspective, this should mean I live a longer and happier life. From a city perspective, there are ar-



**HEALTHY PLEDGE:** Richard Astle, Rachael Huxley, Andy Hebb, Derek Harris, Gillian Beasley, Marco Cereste and Janette Powell, who have all pledged to change their lives to improve their health.

## Businessmen get on their bikes

**ALONG** with making an individual pledge for the project, the businessmen and women have also agreed to take part in a new business bike ride.

The ride, organised by chairman of Peterborough Chamber of Commerce Iain Crighton, will take place once a week. He said: "We are hoping for a dozen

people to take part in a weekly 10 mile ride with a professional cyclist. Along with keeping fit, it will be a great chance to network with other people."

eas of Peterborough which do have significant health problems, and if we can encourage those people to make a pledge to improve their lives then it will be a great boost for the city.

"The fewer people who need NHS help, the less money that needs to be spent on it in Peterborough."

The campaign was launched by Derek Harris, chairman of NHS Peterborough at a Greater Peterborough Partnership forum meeting at Peterborough Town Hall yesterday.

Mr Harris, who has pledged to reduce

the amount of alcohol he drinks every week, said: "In the 1950s health problems in the city included illnesses like mumps and polio. While those problems have gone, we now have issues such as smoking, obesity and excess drinking.

"We are encouraging everyone to make a pledge to do one thing reduce these issues.

"We will monitor what type of pledges are made, and hope this will help us tackle the biggest issues in the city."

To make a pledge visit [www.livehealthy.livegreen.org.uk](http://www.livehealthy.livegreen.org.uk)