

Site Entry Video Transcript

Welcome to Small Steps 4 Life. I'm James Cracknell and I'm taking my small steps for life challenge.

Small Steps 4 Life is an exciting initiative that helps young people make pledges to eat well, get active and feel good.

Eating healthily and feeling good are very important to me, as I'm always on the go planning my next big expedition or adventure.

So my challenge is to eat breakfast every day and keep positive so I always have the energy to do my best.

Remember, it's all about Small Steps 4 Life.

You don't have to be an Olympic Gold Medallist to take part, Small Steps 4 Life is about what you want to do.

So sign your school up and take your first Small Steps to a healthier, happier life.