



BLENDER BIKE



The two in one healthier choice

Hire the City of Armadale's Blender Bike for your next activity, event or fundraiser to create pedal powered smoothies! The Blender Bike is a colourful, interactive and fun way to promote and encourage healthy eating and physical activity at the same time.

WHY THE HEALTHIER CHOICE?

The City of Armadale is committed to supporting residents to lead healthy active lifestyles and we want to make it easier for you to carry on this message to your community.

The consumption of fruit and vegetables by West Australians is well below recommended requirements. Four in five adults (77%) aged 19 to 50 years do not eat enough fruits, and nearly all Australians (99%) aged 2 to 18 years do not eat enough vegetables.

The Blender Bike can be used as a creative and engaging tool to educate audiences about healthy eating, the importance of fruit and vegetable consumption, limiting intake of sugary products, and increasing physical activity.



The Blender Bike is available to hire to community groups, schools and sporting clubs.

To enquire about borrowing the Blender Bike contact the City's Health and Wellbeing Officer by ringing **08 9394 5000** or emailing **info@armadale.wa.gov.au**

