

# Why have a lead foot, when you can have buns of steel?

Burn calories, not fuel.



30 minutes of sport per day reduces the risk of a heart attack by 50 percent

50 percent of Europe's citizens are overweight

25 percent of all CO<sub>2</sub>-emissions are caused by road traffic

A good life is simple  
**overdeveloped.eu**



2015 European Year for Development



Climate Alliance