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Healthy eating guru gets on his bike

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A former engineer is spreading the message of healthy living and eating after buying the region's first smoothie-maker powered by a bicycle.

David Malone, the manager of Real Food Works - a social enterprise based in Guidepost - and takes the 'Real Green Smoothie Machine' around Wansbeck.

He takes it with him to demonstration sessions on how to eat well. He also teaches people how to use a microwave to cook healthy meals. David's roadshow continues next weekend when he takes his kit to the Metrocentre for an event to promote social enterprises in the region.

Real Food Works has been in operation for three years and has held over 500 sessions.

David said as soon as he heard about the pedal-powered smoothie-maker he knew he had to get his hands on one: "I knew it would be a fantastic way to get people's attention. The faster you pedal the quicker you get your smoothie and burn off calories in the process.

"It has been a great success so far and it proves that businesses with non-standard models can succeed. I always say it is easy and cheap to cook healthy food if you know how and if I can do it anyone can - I'm a normal bloke who was an engineer before this."

Keith Raine, programme manager of Go Wansbeck, said: "It's great that there are people like David around setting up businesses such as this with other people in mind. It is clear that David has a real passion for educating people about healthy living and healthy lifestyles."

Real Food Works will be at the Metrocentre on Sunday 27 September. For more information visit www.realfoodworks.co.uk (<http://www.realfoodworks.co.uk>).

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