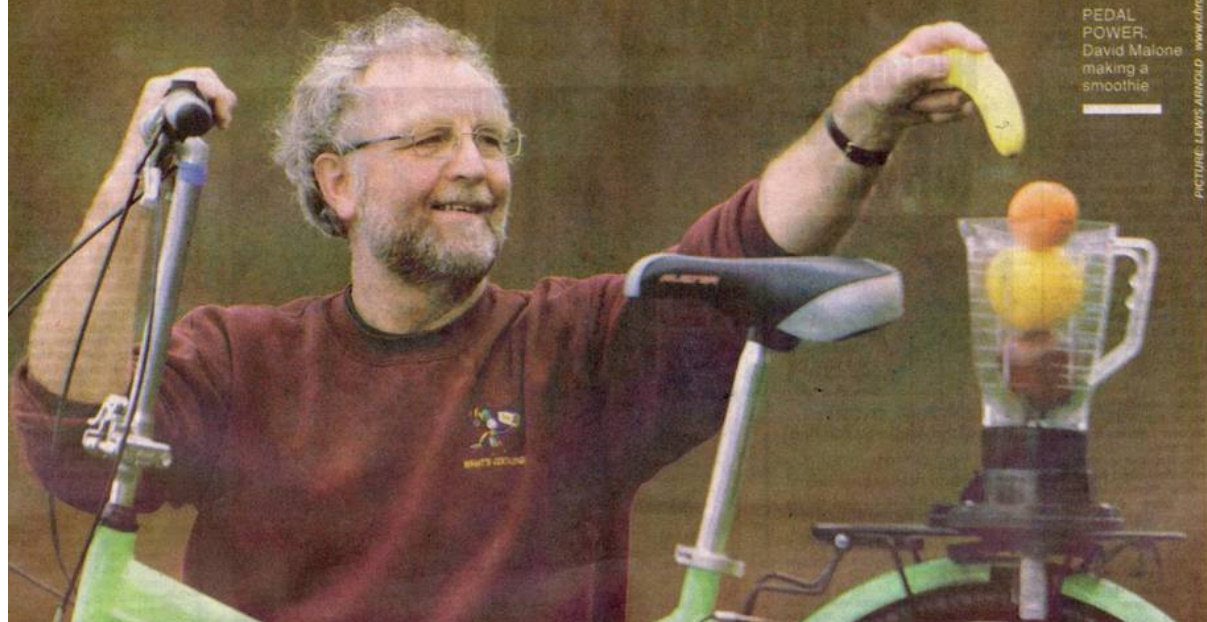


Squeezy rider



PEDAL POWER: David Malone making a smoothie

PICTURE: LEWIS ALMOND www.chronicle.co.uk/buyphoto ref: 0011820

By HELEN RAE

helen.rae@ncjmedia.co.uk

FORMER engineer David Malone is a smooth operator.

The manager of Real Food Works – a social enterprise based in Guidepost, Northumberland – is taking a unique approach in his quest to educate youngsters about the importance of looking after their health.

The dad-of-one is spreading the message of healthy living and eating after buying the region's first smoothie-maker powered by a bicycle.

He takes the 'Real Green Smoothie Machine' to events throughout the North East as part of his demonstration sessions on how to eat well.

A blender is attached to the rear wheel of the bike and is operated by human power alone.

Mr Malone, of Warkworth, Northumberland, 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", explained the 55-year-old.

"The faster you pedal the quicker you get your smoothie and burn off calories in the process. It's estimated you burn about 100 calories in making the smoothie – the same amount of calories that is in the drink itself.

"It has been a great success so far. I always say it is easy and cheap to cook healthy food if you know how, and if I can do it anyone can."

He added: "When I saw the information about the machine I was aware it would help to engage young people. As a result it gives me an

Engineer's a smooth operator with bicycle

opportunity to talk to youngsters about the importance of eating well and taking plenty of exercise.

"There is a worrying increase in obesity rates among children in the region," said Mr Malone.

"If we don't do something to educate children about the dangers of being overweight then they will continue into adulthood with health issues that need to be addressed.

"I see my smoothie-maker machine as being a unique way of exciting young people to start thinking about their health, whereby I can give them the information they need to empower them to look after their health and wellbeing."

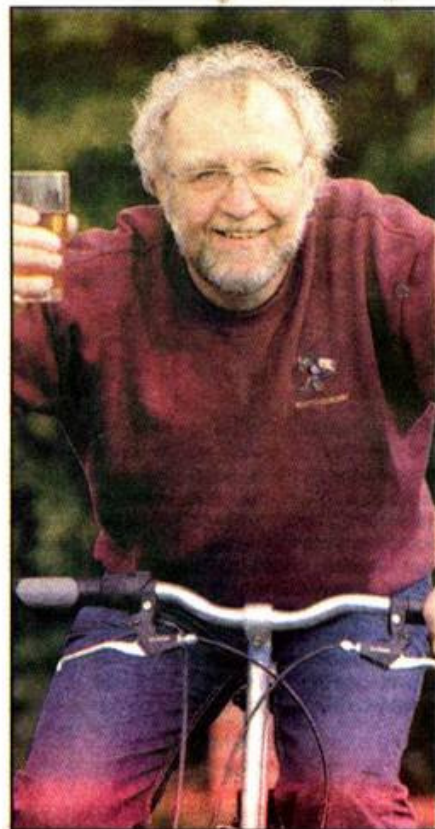
Real Food Works has been in operation for three years and has held over 500 sessions, reaching more than 16,000 people.

Keith Raine, programme manager at Northumberland County Council's G6 Wansbeck scheme, thinks the company Mr Malone manages is fantastic for the area.

He said: "It's great that there are people like David around setting up businesses such as this with other people in mind."

Mr Malone will be taking his smoothie-maker machine to the Metrocentre on Sunday.

For more information visit www.realfoodworks.co.uk or contact David Malone on david@realfoodworks.co.uk



CHEERS: David Malone