

Health Committee Report: Healthy Living for All

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The London Assembly Health Committee has published its report: *Healthy Living for All*. As part of its investigation, the Committee held two meetings at City Hall, with invited guests. The meeting on 6 October 2022 focused on everyday physical activity; the meeting on 2 March 2023 focused on healthy eating habits. The Committee also visited Cycle Sisters, where Assembly Members joined the group for a cycle around Valentines Park, Redbridge, and spoke to the women who take part in the group cycles and the ride leaders.

[Read the report in full](#)