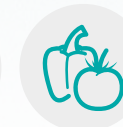


GET A FRESH START THIS YEAR!



LOSE WEIGHT, FEEL GREAT



FREE fun & friendly
10 week weight loss
programme



30 mins nutritional
information



60 mins
physical activity



Opportunity to
meet new friends
and share your
ideas and progress



Daytime and Evening
sessions across
Runcorn & Widnes



Ongoing support
for up to 6 months
to keep you on track
(for £2.50 per week)



Access to an
NHS dietician *via*
FRESH START EXTRA



WORRIED IT'S NOT THE PROGRAMME FOR YOU?

DON'T WORRY!

The programme is tailored to meet
your individual needs and also
includes:

- ✓ **2 fully trained staff** available
to offer support, guidance and
advice
- ✓ **Interactive information** to
help you to lose weight and
keep it off including advice on:
 - * **Portion sizes**
 - * **Food labels**
 - * **Recipes**
 - * **Takeaways**
- ✓ **PLUS** access to lots of other
Active Halton schemes

TO BEGIN YOUR OWN WEIGHT LOSS JOURNEY:

Call 0300 029 0029 and talk to our team to find out where your nearest class is. Alternatively speak to your GP about a referral.

If you have any health issues that might affect your ability to exercise then speak to your GP first.

hit.activehalton.co.uk