

GET A FRESH START THIS YEAR!

LOSE WEIGHT, FEEL GREAT



FRESH START INCLUDES:



FREE 10 weekly fitness & health sessions



Fun, informal and relaxed sessions across Runcorn & Widnes



1 ½ hour session that includes a weigh in, nutritional chat and fitness session.



Fully trained fitness coaches will help you lose excess weight and improve your fitness.



Once you've completed fresh start, you can continue with your fitness goals on the next steps programme. Only £2.50 per session.



Access to lots of other Active Halton fitness & health sessions



Access to an NHS dietician *via* **FRESH START EXTRA**

TAKE CHARGE OF YOUR HEALTH. REGISTER NOW.

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