



FIT BLACKPOOL

FIT Blackpool is a FREE weight management programme for men and women aged 35-65 who are looking to lose weight and lead a more active life.

YOU can...

- ✓ Improve your eating habits
- ✓ Cut down your alcohol intake
- ✓ Increase your activity levels
- ✓ Reduce your weight and waistline
- ✓ Support each other to stay on track



FREE 12 WEEK PROGRAMME

For information on qualifying criteria get in touch!
Email: fitfans@bfctt.co.uk, call 01253 348691
or visit our website: www.bfctt.co.uk/fitfans



MAKING MOVES WITH ACTIVE BLACKPOOL

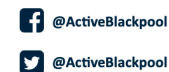
Making Moves is a 12 week weight management programme for adults living in Blackpool with a BMI of 25-39.9.

- Its free to access
- Delivered at local venues
- Self-referrals accepted
- Small groups
- Nutrition advice
- Behaviour change
- Gentle physical activity
- Refer now via Active Blackpool's website

CONTACT

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ACTIVE BLACKPOOL



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activeblackpool.co.uk

