



Dietbusters

No counting points • Healthy lifestyle
Long-term lifestyle changes • No diets
No calorie counting



We have developed an exciting 12-week Weight Management Programme that will help set people on their way to a healthy lifestyle by encouraging sensible eating habits and increasing activity levels.

The weekly sessions consist of 45 minutes of education and 45 minutes of exercise tailored to your specific needs.

Topics covered include:

- Understanding food labels
- Portion sizes
- Importance of exercise
- Self esteem



Here are some customer comments



"I've learnt to scrap faddy diets, eat healthily and increase my activity levels. My blood pressure has also reduced slightly"

"I learnt that changing to healthy eating is not expensive or difficult"

"I enjoyed the exercise immensely the instructor was good fun"



".....you don't have to starve to lose weight"

Daytime and evening courses available

Held at:

- **Croft Sports Centre**
- **John Moulton Hall, Penhill**
- **Walcot Dome, Burghley Close**
- **The Link Centre, Whitehill Way**

**To book or for further information please contact:
Debbie Mitchell, Adult Weight Management Co-ordinator
Tel: (01793) 864934 Mob: 07557 197232**

These courses are also offered as a free service if clients are referred through their GP.