

# Diet**b**usters



**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:  
Carole Jones, Physical Activity Development Officer  
Tel: (01793) 511033**

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