

Kickstart your weight loss

Portion sizes

How to eat less sugar

Free exercise classes

Healthy Snacks

FREE



# Eat4Health

Free support for better health

## Want to lose weight... and KEEP IT OFF?



**Eat 4 Health** is a **FREE 12 week weight management programme** which will give you the tools you need to live a **healthy and active lifestyle long term**.



**Each 1.5 hour session** includes a 45 minute **interactive nutrition workshop** covering topics such as portion sizing, fats and sugars and snacking; followed by 45 minutes of **fun, light exercise** such as boxing, circuits and more.



Available in **local community venues** to people aged over 16, with a BMI above 25 living or registered with a GP surgery within Reading, Wokingham, West Berkshire and Slough.



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## What our members say

**"I joined E4H as I was pre diabetic, I just had a blood test and my blood sugar has dropped to a healthy number and I am now out of danger! I have lost weight in the past but unfortunately put it back on. I really enjoyed the support of the trainer and others on the course, it kept me on track. It was fun and not a chore. I know so much more about food, fat and particularly portion size. I have reached my target weight and feel confident that I will keep it off."**

**" I would recommend it to anyone to kick-start your weight loss "**

**" I can now make healthier choices for me and my family "**

**" Great to meet new people and try out different types of exercise "**

**" Life changing! I feel better about myself! "**

**" Great to meet new people and try out different types of exercise "**

**" I'm glad my doctor suggested I join this course "**

## How to join?

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