

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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