



**Shape Up 4 Life**  
Free support for better health

 01733 590 064 / 0800 376 5655

 [healthy.peterborough@nhs.net](mailto:healthy.peterborough@nhs.net)

 @HealthyPboro

 Healthy Peterborough

 [www.healthypeterborough.org.uk](http://www.healthypeterborough.org.uk)



**Interested in losing weight?**  
**Want to keep it off long-term?**

**FREE weekly classes at local  
community venues near you!**

# Our FREE classes help you to manage your weight through balanced nutrition and simple exercise.

FREE Shape Up 4 Life classes give you:

- practical group support and advice
- encouragement to make healthy food choices
- light physical activity with a qualified instructor

Shape Up 4 Life courses are delivered in local community venues over 10 weeks, with 45 minutes of group discussions on topics such as portion size, reading labels and dealing with cravings, followed by 45 minutes of simple exercises.

If you've tried to lose weight before our qualified instructor will support you in making realistic goals towards a journey of sensible weight loss.

Designed around you, Shape Up 4 Life is a complete package of nutrition, exercise and weight management services, all available for FREE.

“It’s a great achievement to finish the 10 weeks and to feel so much healthier, have more energy and look better than I did 10 weeks earlier.”



“The support from my Shape Up 4 Life instructor and the other group participants is amazing – we are all in this together to become fit and healthy.”



“As I went to eat I would remember the practical tips and make healthier food choices.”

