

Kickstart your weight loss

Virtual courses & remote sessions

Portion sizes

Free exercise classes

FREE 12 week programme

Healthy Snacks



ShapeUp4Life Hampshire

Free support to lose weight and keep it off

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

The FREE weight management, nutrition and exercise programme



IOS



Play



Download on the
App Store



GET IT ON
Google Play



Text 'ShapeUp' to 66777



@SU4LHampshire



@SU4LHampshire



Hampshire
County Council