

ShapeUp 4 Life!

Want to lose weight and improve your health?

find out about Hampshire's new, **FREE**, ShapeUp4Life programme





ShapeUp4Life Hampshire

Free support to lose weight and keep it off

ShapeUp4Life!

ShapeUp4Life is a FREE 12 week programme available to those living in Hampshire aged 18+ years with a BMI over 30 (or a BMI over 28 for those from Minority Ethnic Groups or those with specified long-term conditions). You can attend face to face weekly sessions at a community venue near you or you can join virtual sessions online

You'll receive healthy eating advice, be weighed weekly and have fun in our friendly group exercise and nutrition workshops.

You can even register for free online support at ShapeUp4Life Hampshire - www.shapeup4lifehampshire.co.uk or downloading the ShapeUp4Life App from the Play or App stores.



IOS



Play

To learn more please contact the ShapeUp4Life team below or speak to your GP for a referral



0800 246 5170

023 8218 0287



www.shapeup4lifehampshire.co.uk



@SU4LHampshire



Hampshire
County Council