




GUYS GET ACTIVE

HELPING MEN LOSE WEIGHT



£20 FOR 10 WEEKS
OR SIGN UP WITH A FRIEND
AND GET 25% OFF!

Guys Get Active

 www.enablelc.org/guysgetactive

 0203 959 0039

 @enableHW

 activelifestyles@enablelc.org

 @enableHW

THE BRIGHTER BOROUGH

Wandsworth

G U Y S G E T A C T I V E

Been meaning to get into exercise but don't know where to start? Need help shifting a few pounds? Want a men's focused session with other guys in your league?

Come and join our Guys Get Active programme, weekly exercise or football sessions, nutritional advice and support with a weekly weigh in, all specifically designed for men who want to lose weight.

What have you got to lose?

What's involved?

The programme will start week beginning Monday 12th October 2020 and will last 10 weeks. There are two football sessions per week, delivered in Tooting and Battersea, and/or one virtual exercise session focusing on circuit training through bodyweight exercises.

Information on days, times and venues TBC.

How do I sign up?

The courses cost £20 each, working out at only £2 per session. To sign up online visit www.enablelc.org/guysgetactive, scan the QR code below or contact the team at activelifestyles@enablelc.org



"Couldn't play football, couldn't lose weight, what was I doing joining a football weight loss programme? However, it was great fun and enjoyed the fantastic team spirit with people in the same situation as me. At the end of the programme I scored 2 goals, one in the back of the net and 13kg weight loss."

Malcolm
Weight loss 13.8kg

