



Lose weight for summer!

12 week weight loss course

- ✓ Weekly weigh in ✓ 4 weekly measuring
- ✓ Week 2, 7 & 12 explanation from scales of internal body readings
- ✓ Personalised program based from your height & weight
- ✓ Free out of hours 1-2-1 personal life-style & nutritional assessment
- ✓ Weekly talk on nutrition
- ✓ Ongoing out of hours-support & motivation

The winner will win
£200

All this plus lots more for only
£25 for the ENTIRE 12 weeks!

that's nearly half the price of Weight Watchers or Slimming World!

**Courses at Little Lever, Radcliffe & Whitefield.
Participants can join at any time.**

HURRY!
limited places

Places must be confirmed A.S.A.P. prior to event

Tel: 07956 816185



For more details visit:
www.real-weightloss.co.uk