

FIT ROBINS

12-WEEK WELLNESS & WEIGHTLOSS PROGRAMME

Embark on a transformative journey to a healthier, happier you with our results-driven weight loss program, designed to empower you with expert guidance, personalized support, and the tools you need to achieve your wellness goals.

A COMPLETELY FREE PROGRAMME TO TAKE BACK CONTROL OF YOUR HEALTH



Portishead Youth Club | BS20 7DD



September 27th | Wednesdays | 12 Weeks | 6-8PM



REQUIREMENTS: 18+ | BMI is 25+ (23+ for adults of Black African, African-Caribbean & Asian Origin) | Lives in North Somerset | Not currently attending another weight-loss programme

WHATS IN IT FOR YOU?

- ACHIEVE WEIGHT-LOSS GOALS
- IMPROVE FITNESS
- INCREASE MENTAL RESILLIENCE & BETTER SLEEP
- NUTRITIONAL KNOWLEDGE
- BEHAVIOUR CHANGE
- ENHANCED ENERGY
- ELEVATED CONFIDENCE & SELF-ESTEEM
- DISEASE PREVENTION

.... and that's just some of it!

INTERESTED?

To register your interest, scan the QR code or head to our website at <https://www.bcfrc.co.uk/robins-foundation/fitrobins/>



Contact Daisy-May England
(Health & Wellbeing Practitioner)
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Fit Robins is a great programme. I look forward to coming to the sessions every week and always feel feeling more knowledgeable and confident in making changes to my lifestyle. I have noticed a remarkable difference in how I feel physically and mentally, and I have Fit Robins to thank that for".

Katie, Bristol



One of the aspects I loved most was the sense of community. Connecting with others who were on the same journey created a sense of camaraderie and accountability that kept me motivated. The weekly check-ins and progress tracking were also key to my success. The exercises we did every week were great fun and has changed my attitude to fitness".

Martin, Bristol



ROBINS
FOUNDATION



Better Health North Somerset

PORTISHEAD
YOUTH CENTRE