

FIT **ROBINS**

12 weeks to feel
fitter, stronger, and
more confident!

A COMPLETELY FREE PROGRAMME TO TAKE BACK CONTROL OF YOUR HEALTH

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

DETAILS

- 📍 **Where:** Portishead Youth Club | BS20 7DD
- 🕒 **Starting:** 22nd October | Wednesdays | 12 Weeks | 5-7PM
- 📋 **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
- BE PART OF A SUPPORTIVE COMMUNITY THAT MOTIVATES YOU
- BEHAVIOUR CHANGE... THAT STICKS!
- ENHANCED ENERGY
- ELEVATED CONFIDENCE & SELF-ESTEEM
- BOOST YOUR BODY'S INNER HEALTH – FROM BLOOD SUGAR TO HEART HEALTH

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

INTERESTED?

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



Contact Daisy-May England
(Health & Wellbeing Practitioner)
Email daisy.england@bcfc.co.uk |
tel 07423418922



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