

A COMPLETELY

FREE

PROGRAMME
TO TAKE BACK
CONTROL OF
YOUR HEALTH

ROBINS

ROBINS
FOUNDATION



12-WEEK WELLNESS & WEIGHTLOSS PROGRAMME



**PORTISHEAD
YOUTH CENTRE**

COMPLETELY FREE!

4th March | WEDNESDAYS

12 WEEKS

5-7pm

**18+ | BMI 25+ |
North Somerset Residents only |
Not already attending a weight-
loss programme**

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

EMBARK ON A TRANSFORMATIVE JOURNEY TO A HEALTHIER, HAPPIER YOU WITH OUR RESULTS-DRIVEN HEALTH IMPROVEMENT PROGRAMME. DESIGNED TO EMPOWER YOU WITH EXPERT GUIDANCE, PERSONALIZED SUPPORT, AND THE TOOLS YOU NEED TO ACHIEVE YOUR WELLNESS GOALS.

EDUCATING YOURSELF ON THE SIGNIFICANCE OF A HOLISTIC LIFESTYLE. LEARN ABOUT OPTIMAL NUTRITION, FITNESS IN A WAY THAT SUITS YOU, PROPER SLEEP, EFFECTIVE STRESS MANAGEMENT, THE VITAL ROLE OF HYDRATION TO ACHIEVE OVERALL WELLNESS. IMMERSE YOURSELF IN A NURTURING COMMUNITY WHERE EXPERIENCES, CHALLENGES, AND TRIUMPHS ARE SHARED, FOSTERING A POSITIVE AND MOTIVATING ENVIRONMENT.



Fit Robin's has given me the motivation and physical and emotional support to improve my overall fitness and weight.

The program is delivered in a friendly and encouraging format that has been a lot of fun. Each time I have completed a session I always leave with a feeling of achievement and motivation to continue on my journey.



One of the aspects I loved most was the sense of community I felt. 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.

INTERESTED?

Please fill in a sign-up form by clicking the link below

[Sign-up form](#)

If you have questions contact
Daisy-May England
(Health & Wellbeing Manager)

daisy.england@bcfc.co.uk



SCAN TO GET INVOLVED

WHAT'S IN IT FOR YOU?

ACHIEVE WEIGHT LOSS GOALS:

Achieve lasting weight loss by implementing gradual and manageable adjustments that you can sustain over the long term

IMPROVED FITNESS:

Enhance cardiovascular endurance, muscular strength, and flexibility through guided exercise routines

IMPROVED MENTAL WELL-BEING & SLEEP:

Experience reduced stress, anxiety, and depression

NUTRITIONAL KNOWLEDGE:

Acquire a deeper understanding of healthy eating habits, portion control, and balanced nutrition

BEHAVIORAL CHANGES:

Learn strategies to modify unhealthy behaviours and develop new, sustainable habits for the long term

INCREASED ENERGY:

Feel more energetic and vibrant in your everyday life

ENHANCED SELF-CONFIDENCE:

Build self-esteem and body positivity through visible progress and accomplishments.

DISEASE PREVENTION:

Reduce the risk of chronic conditions like diabetes, heart disease, and hypertension associated with excess weight.

Remember, individual results may vary, and the benefits experienced will depend on factors such as commitment, adherence to the program, and individual circumstances.