



Women's Weight Loss Challenge

Starting Soon!

The 6 Weeks Weight Loss Programme Includes:

- ★ Full Body Analysis at the Start & the End of the Challenge
- ★ Weekly Weigh-Ins & Check Ups
- ★ Individual Nutritional Guidance
- ★ Individual Exercise Programmes
- ★ Weekly Mini Seminars on Nutrition
- ★ Various full body work outs every Saturday
- ★ E-mail support system



£'sss worth of prizes

Entry Fee Just £40

Bring a friend to take part with you! Non-members are welcome!

**For more information please contact us on 01895 271 217 or via email
uxbridge@active4less.com or simply ask at reception.**



What can you achieve in 6 weeks?
Decide – Commit – Succeed