

are you  
struggling  
to manage  
your weight?

## Do you want to lose weight and get fitter for free?

If so you can take part in an award winning effective weight management programme delivered by ACE Lifestyle.

**My Weight Matters** is a 12 week programme combining dietary advice, physical activity and tips to help you gain control. There are structured weekly guides covering a range of topics and you will be asked to keep a regular food diary and set yourself achievable goals, which help you to work towards making changes to your lifestyle and maintain them for the future.

Simply **call the Weight Management helpline on 0800 022 4524 (option 3)** and you will talk to a specialist weight management practitioner who will assess your needs, offer a range of options and will help you find one that is convenient and suitable for you.

We offer a range of programmes for adults- face to face, telephone support, events & online.

Call today for a Happy New You!

