

FIT FANS

for her



FITFANS *for her* is here!

A Premiership weight loss service for women in Hull

Tel: 22 45 45



Time to Change Your Tactics

If you're female, want to lose weight, and live in Hull, the **FIT FANS** *for her* may be for you. Due to popular demand, the successful **FIT FANS** weight loss service is now available FREE for all women in Hull. If you want to start losing weight with the professionals, call now:
Tel: 22 45 45

Free 12 week weight loss course delivered by expert weight loss practitioners.

Hurry—spaces are limited!

Come along to the experts ...

- Learn about good nutrition and diet
- Participate in the exercise class
- Why not bring along a friend?
- Join in with this FREE 12-week course for women-only
- In partnership with NHS Hull and Weight Management Centre

Call the Team on 22 45 45



FIT FANS *for her* is a free 12-week programme giving you the *nutritional keys* to unlock the weight management puzzle. Alongside fantastic and inspirational exercise sessions led by Hull's top instructors, this is the ultimate women's weight loss service. You will attend 12 meetings with each session lasting approximately one hour.

Let our experts advise you on how to safely remove fat—rather than water, muscle or other tissues.

Say goodbye to dieting forever and embrace the ingredients of long-term weight management.

350 Fit Fans in Hull can't be wrong, with a combined weight loss of 1000kg [150 stones]. Be a loser too -
- be a **FIT FANS** *for her*!



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