

# WHY WEIGHT

FREE 12 WEEK PROGRAMME

**Men Only**

**Do you have some weight  
you'd like to lose?**

**Sign up for the  
WHY WEIGHT Plan Today**

It's **FREE** and will give you the  
tools to manage your weight  
more effectively

This 12 week programme includes:

- Weekly weight check
- Varied exercise for all levels of fitness
- Healthy eating advice
- Ongoing personal support after completing the programme



For more information talk to  
your health professional  
or contact the Healthy Living Team  
on **01322 311265**  
or e-mail  
[info@hlcdartford.co.uk](mailto:info@hlcdartford.co.uk)

Making healthier choices  
**easier** in Dartford

**HEALTHY  
LIVING  
CENTRE  
DARTFORD**

**NHS**  
West Kent