

**Kickstart your
weight loss**

**Virtual courses &
remote sessions**

Portion sizes

**Free exercise
classes**

**FREE 12 week
programme**

Healthy Snacks



**Healthy Lifestyles
Isle of Wight**

**Want to lose weight...
and KEEP IT OFF?**

**The FREE weight management,
nutrition and exercise programme**

Android - <https://bit.ly/31TeS9d>

iOS - <https://apple.co/3iIbGV4>



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App Store



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Text 'ShapeUp' to 66777



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