

# ShapeUp 4 Life!

Want to lose weight and improve your health?

Find out about Isle of Wight's new, **FREE**, ShapeUp4Life programme





**Healthy Lifestyles  
Isle of Wight**

# ShapeUp4Life!

- ShapeUp4Life is a FREE service available to those living in the Isle of Wight aged 18+ years with a BMI over 25.
- You'll receive healthy eating advice, be weighed weekly and have fun in our friendly group exercise and nutrition workshops. Courses run from various community venues as well as online and via the telephone.
- You can even register for free online support at Healthy Lifestyles Isle of Wight - [www.healthylifestylesiow.co.uk](http://www.healthylifestylesiow.co.uk) or downloading the ShapeUp4Life App from the Play or App stores

To learn more please contact the ShapeUp4Life team below:

 **0800 999 1396** | **01983 642369**

 [www.healthylifestylesiow.co.uk](http://www.healthylifestylesiow.co.uk)   @HealthylifeIOW