

FOOTBALL FANS IN TRAINING TORBAY



ARE YOU MALE, OVER 18 WITH A BMI OF 25+?

**Football Fans in Training
Torbay could be the programme for you!**

Football Fans in Training is a 90 minute programme that combines 45 minutes of Education, to help you make better health choices with 45 minutes of Physical Activity around the football club.



To Join:

Call Michele Presacane on 07811 128 763

(on a Tuesday, Wednesday or Thursday)

Or call Lifestyles Team 0300 456 1006 any day.

**Tuesdays
6-7:30pm @
Torquay United
Football Club**

Torbay and South Devon **NHS**
NHS Foundation Trust