



fit4life

Introduction to
Fitness & Food

Fit4Life is a **10 week** healthy lifestyle programme for people looking to become active.

**ARE YOU
INTERESTED IN:**

- ▶ Trying a variety of fun physical activities
- ▶ Learning about healthy eating
- ▶ Meeting new people
- ▶ Motivation & support from a group setting

Wednesday mornings
10.30am-12pm **OR**

Wednesday evenings
6pm-7.30pm

Phone Sport Southland to register on

(03) 211 2150

or visit www.sportsouthland.co.nz
for further information.

**SPORT
SOUTHLAND**

Rongoā Kākāriki
**GREEN
PRESCRIPTION**

**ONLY
\$20**

(\$10 refund for participants
that attend 9/10 weeks)