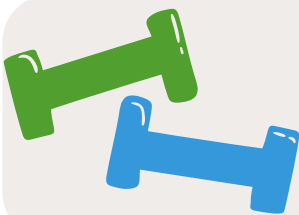
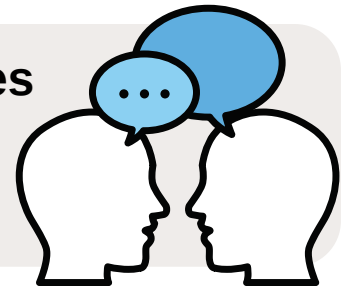


WHAT'S YOUR EXPERIENCE OF HOME-BASED EXERCISE PROGRAMMES?



Are you living with overweight or obesity and have undertaken exercise at home?

Discuss your experiences and preferences for exercise programmes that are sensitive to your specific needs.



Have a say in the development of an effective and engaging home-based exercise programme.

HOW TO GET INVOLVED?

For more information or to get involved, contact:

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07519928800

