

# 4u-factor

The healthy way 2 go



Make time 4u and join our **FREE** nutrition and physical activity sessions for 13-16 year olds who are above their ideal weight.

A healthier **Kingston**

# 4u-factor

## The healthy way 2 go

A brand new session for 13-16 year olds to enjoy using the gym and classes as well as learning how to live a healthy lifestyle. Sessions run for 12 weeks and include information about food and ways to get the balance right. Call us now if you are ready to get fit and try out new and exciting activities.

**Starts on Monday 19th September 2011 at 4.00pm at Tolworth  
Tuesday 20th September 2011 at 4.00pm at Kingfisher**

To find out if you would benefit from this programme, please contact our Programme Co-ordinator at Kingfisher Leisure Centre.

**Kingfisher Leisure Centre**  
Fairfield Road, Kingston  
07754 148239  
fionanugent@dcleisure.co.uk

**Tolworth Recreation Centre**  
Fullers Way North, Tolworth  
07754 148239  
fionanugent@dcleisure.co.uk

**NHS**  
*Kingston*

**DC LEISURE**  
Developing Community Leisure



Facilities managed by DC Leisure in partnership with Kingston Council