

REVITALISE & ENERGISE

BODY
BENEFITS

FREE
12-WEEK
PROGRAMME



LEARN HOW TO
EAT WELL, ENJOY
EXERCISE AND
FEEL GOOD!



North Tyneside Council

www.activenorthtyneside.org.uk

active
NORTH TYNESIDE



Active North Tyneside



@active_NT



(0191) 643 7171



Taking care of yourself in mind and body is the most important thing you can do. When you feel good and ready for the day ahead, you can tackle anything.

We can help you take a fresh look at your approach to healthy living.

Our FREE 12-week Body Benefits programme has been carefully designed to give you the tools to help you feel better about yourself; and is especially for people who don't do any exercise at the moment and who are ready to make a positive change.

We will ease you into physical activity, help you to understand your body and motivate you to take positive steps to improve your health through eating well and making easy lifestyle changes. Our aim is to boost your confidence so you feel stronger in mind and body.

Along with straightforward lifestyle advice, you'll get tasty meal ideas which are really quick, simple to make and the whole family can enjoy – giving your body what it needs to help you live healthier from the inside out.

You'll have lots of support and encouragement along the way; and can buddy up with others taking part. There's a great atmosphere among our groups, with our friendly instructors and dietitian on hand – and everyone helping to motivate each other!

With Body Benefits, you can lose body fat, gain muscle, improve your sleep patterns and learn to eat 'well' again.

If this sounds like what you've been looking for, give us a call today.

Body Benefits lifestyle sessions are held at The Parks Sports Centre in North Shields; and our exercise sessions are at The Parks, Tynemouth Pool, The Lakeside Centre in Killingworth, Waves in Whitley Bay and Hadrian Leisure Centre in Wallsend.

We offer you:

- A choice of daytime, evening and weekend classes
- The opportunity to feel good and have fun with others
- The opportunity to boost your confidence and self-esteem
- Detailed body analysis at week 1 and week 12 to show your progress
- One-to-one appointments on offer with our dietitian
- A friendly and welcoming environment, with everyone supporting each other

To make your 12 weeks a success, we ask the following of you:

- That you attend lifestyle sessions every week at The Parks. These are usually for one hour, with longer sessions at week 1 and week 12. Over the 12 weeks you need to attend at least 10 of these. They provide you with key nutritional information and exercise guidance. You can choose from morning or evening slots
- Commit to doing at least two exercise sessions per week from the options provided
- Record and monitor your calorie intake
- Bring lots of enthusiasm to see it through!

In a recent group...

88%

LOST BODY
FAT MASS

75%

IMPROVED THEIR
SELF ESTEEM

100%

SAID THEY'D CONTINUE WITH
THE HEALTHY CHANGES

ONE GROUP COLLECTIVELY LOST **24** STONES

– THE EQUIVALENT OF 1,350 CHEESEBURGERS



AFTER 12 WEEKS, WHAT DID PEOPLE SAY?

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“I have far more energy now and the determination to keep going.”

“I have learned to understand food; changed my eating habits. It is a fantastic programme to be involved with. I would highly recommend it to anybody.”

“This course has been just what I needed.”

“I have met some great people and we have encouraged each other along the way whilst also having fun and pushing ourselves.”

“It has been a very positive experience, introducing me to new ways of maintaining a healthy lifestyle. It requires self-discipline, but the motivation supplied by the course leaders and the staff enabled me to achieve some excellent results.”

“After 12 weeks I am 20lbs lighter, but more importantly I feel fantastic! Looking forward to keeping up the good work.”

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Body Benefits is exclusively for people who currently do no exercise and have a Body Mass Index (BMI) of 25–35. If you don't know yours, just give us a ring with your height and weight measurements handy and we can tell you over the phone.

Call us today to find out more, or reserve your place on our next group.

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