|  |
| --- |
| Fit4lifeAre you fit for life? |
| Advice will be given by telephoning the officeFit4life recommends at least 30 minutes of activity and eating 5 portions of fruit or vegetable portions a dayFit4life is here to help you and the kids to eat well and to get activeA website www.fit4life.co.uk will be launched in September 2012Fit4life provides exercise advice direct to the public |
| Contact Us:E-mail: inquiries@fit4life.co.ukTel No: 0161 55326698 |