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