

Match Fit!

FREE Men's Health Programme

What is it?

Match Fit is a unique programme, designed to help men exercise more and lose weight. The course involves 10 one hour sessions with an experienced exercise professional. Over the 10 weeks participants will gradually build up their level and intensity of exercise.



FREE participant pack and course card to track progress

FREE Health MOT at the start and end of the course

FREE nutrition and exercise advice

FREE online Wellbeing Tracker to help you monitor and assess your health

Why 'just for men'?

Many men find the thought of going to a gym is not for them or maybe they haven't exercised for a while. This is a free course for men of all ages, backgrounds and abilities that have a BMI of 28 or more.

Where and when does it take place?

Courses will be running:

Wednesdays, 5:00pm - 6:00pm at Heather House, Parkwood starting 5th April

Thursdays, 6:00pm - 7:00pm at Gallagher Stadium, Maidstone starting 6th April



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Strictly**FITNESS**



Why join?



People who do regular physical activity have...

Up to 35% lower risk of heart attack

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Up to a 50% lower risk of colon cancer

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Up to 50% lower risk of Type 2 diabetes

•

A 30% lower risk of early death

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Up to a 30% lower risk of depression

•

Up to a 30% lower risk of dementia

What have people said about the course so far?

'I felt relaxed, there was no great pressure'

'Excellent'

'I struggled with my weight initially but once I took the online challenges in Wellbeing Tracker, the weight just flew off'

'I've gone down a belt size'

'Very good and engaging'

'I was nervous about joining a mens health programme but at Match Fit there were lots of men like me wanting to lose weight and get fitter'

To book a place or learn more about Match Fit simply contact us today

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Tel: 01622 834826

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