



Supported by



ARSENAL IN
THE COMMUNITY



ISLINGTON
For a more equal future



Camden



FREE WOMENS 12 WEEK WEIGHT LOSS PROGRAMME



Supported by



Premier
League



Professional
Footballers'
Association

Shape Up is a programme to help Women with a BMI of 27 or more to improve their nutrition, increase their physical activity, and reach a healthier weight through food education and enjoyable exercise. **What have you got to lose?**

Contact communityhealth@arsenal.co.uk to register your interest.