

**Kick start
weight loss**

**Virtual courses &
remote sessions**

Portion sizes

**Free exercise
classes**

**FREE 12 week
programme**

Healthy Snacks



ShapeUp4Life

Free support to lose weight and keep it off

Want to lose weight... and KEEP IT OFF?

**Free weight management app for
Southampton residents, offering a 12-week
programme and group classes. Available
until 30th September 2022.**

**Visit shapeup-4life.co.uk and
click 'Join Now' to get started.**

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App Store

GET IT ON
Google Play

Text 'ShapeUp' to 66777
@SU4LifeApp
@SU4LifeApp