

simply check your height and weight measurement and use the BMI calculator link below. If your reading is between 25 and 35 you could be eligible for the programme.

You can check your BMI here to see if you are eligible.

The programmes run from The Parks Sports Centre, North Shields and Hadrian Leisure Centre, Wallsend.

weight		>>	
<u>healthy</u> <u>weight</u> <u>fat</u> <u>overweight</u> <u>loss</u> <u>active</u>	weight healthy weight fat overweight loss	<u>active</u>	

Body Benefits	



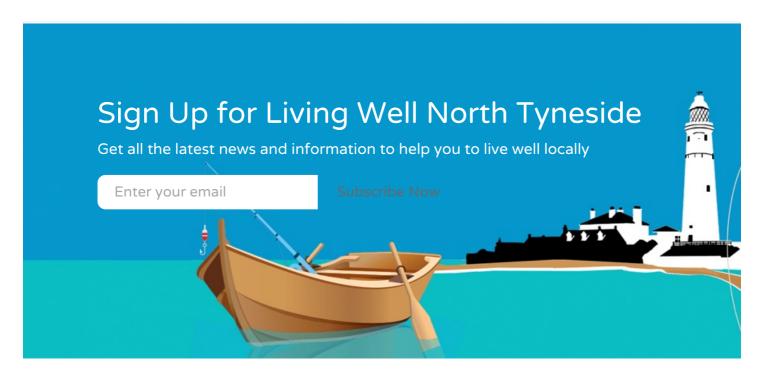
active@northtyneside.gov.uk

▼ The Parks Leisure Centre Howdon Road North Shields UK NE29 6TL



Attps://www.activenorthtyneside.org.uk/body-benefits/





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