

MALE ONLY

FREE

LOCATIONS

CROYDON  
SUTTON  
BROMLEY

# »» FITTERFANS

ARE YOU OVER 40, WANT TO LOSE  
WEIGHT AND LEARN HOW TO LEAD  
A HEALTHIER LIFESTYLE?

Take part in a **FREE** 12 week programme that includes individual weigh ins, healthy lifestyle guidance and physical activity centred around football.



CROYDON  
[www.croydon.gov.uk](http://www.croydon.gov.uk)

MAYOR OF LONDON



For more information or to register please contact Beth Towle on 020 8768 6015  
or email [fitterfans@cpfcfoundation.org](mailto:fitterfans@cpfcfoundation.org)



**»TRY IT,  
PLAY IT**

**FITNESS  
CIRCUITS  
FOOTBALL FOR ALL  
BOX FIT**



**»LEARN IT,  
LIVE IT**

**HEALTHY EATING  
DIABETES AWARENESS  
STOP SMOKING  
ALCOHOL AWARENESS**



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