

# TACKLE YOUR WEIGHT



**Come together with Argyle fans like you and reach your goal of a healthier lifestyle.**

Join the 1000s of football fans who've already lost weight with FIT FANS. Get your FREE place on our next 12 week course at [efltrust.com/FITFANS](http://efltrust.com/FITFANS)



**LOTTERY FUNDED**

**Are you aged 35-65?  
Do you want to lose weight?  
Do you want to make a change?**



## **FIT PILGRIMS is a FREE 12 week programme that helps fans to make better lifestyle choices.**

Meet other fans just like you and get to see behind the scenes at Plymouth Argyle Football Club.

With support from our staff and from other group members you'll get tips to:

- Improve your eating habits
- Cut down on alcohol
- Increase your activity levels – one step at a time!
- Reduce your weight and waistline
- Support each other to stay on track

**“ Since starting the programme I have lost over 3 stone, I’m a lot fitter, sleeping better and I’m a lot happier. ”**  
Dave, Swindon Town

**“ I was a bit wary that the training element might be too intensive so soon after my heart attack but the staff were brilliant and gave me reassurances that I could work at my own pace. They were so attentive to my needs and how I could reach my targets. ”**  
Paul, Wycombe Wanderers

Get your FREE place on our next course by visiting [efltrust.com/FITFANS](http://efltrust.com/FITFANS) contacting us at [fitfans@pafc.co.uk](mailto:fitfans@pafc.co.uk) or call: 07961 588378