



## **CHARITY WEIGHT LOSS PROGRAMME**

Every pound you lose over the **6 weeks**  
will generate a donation to our chosen charity

**OXPIP** [www.oxpip.org.uk](http://www.oxpip.org.uk)

Please take a look at our chosen charity and sign up now  
to our programme by putting your name below.

Start date : **1st November 2011**

It is based on the information from our  
**Principles of Weight Loss**  
seminar.

On the 1st November you will get a new exercise routine &  
nutrition plan.

As you know getting fit and healthy and keeping your weight  
in check benefits you. With our programme you can benefit  
others too. **FREE TO MEMBERS**

Anyone currently not a member can join us too - Join for 6  
weeks for £70 and we will give £20 to OXPIP

Please speak to Richard or Kieran at The Gym or email  
**[richard@thegymatcarswell.co.uk](mailto:richard@thegymatcarswell.co.uk)**