

Active for Health

Over 18?

Is your BMI over 25?

Do you want to try new activities?

Do you struggle to do 150 mins of exercise a week?

If you answered YES to the above questions, then sign up today!

A FREE 12-week activity course for inactive adults with a BMI over 25.

The course will help you improve your fitness, learn new skills, meet new people and ultimately improve your overall wellbeing.

Upcoming course:

Ross Peers, Soham 6-7pm starting Wednesday 6 March

For more info and to book, please visit:

**www.eastcamb.s.gov.uk/health/active-health
or scan the QR code.**



Healthy You



East Cambridgeshire
District Council



Cambridgeshire & Peterborough
Integrated Care System