



**Made a New Year's Resolution?
Want to lose some weight and get fit?
Then why not sign up to Charnwood's Largest Loser**
Sponsored by Ragdale Hall

This new 10 week weight loss programme aimed at 16+ years from the Active Together team at Charnwood Borough Council aims to advise you on getting more active, whilst teaching you some simple ways to help improve your diet.

With fortnightly weigh ins and optional workshops along with discounted opportunities to get more active, it's the ideal option to get that New Years resolution underway.



Ragdale Hall
health hydro and thermal spa

The winner will receive a Ragdale Experience Day for 2 worth £164!
www.ragdalehall.co.uk

Other prizes include 3 months gym membership at any Fusion Leisure Centre in the borough





Weigh ins and Workshops

£5 Entry fee FOR THE WHOLE COURSE excluding physical activity sessions.

Loughborough Gorse Covert

Mon 16th Jan Weigh in and Introduction 4.30 - 5.15pm (1st Session) & 5.30 - 6.15pm (2nd Session)

Mon 30th Jan Weigh in and Workshop on Healthy Eating starting at 5pm

Mon 13th Feb Weigh in and Guided Walk starting at 5pm

Mon 27th Feb Weigh in and Workshop - Cooking on a budget starting at 5pm

Mon 12th Mar Weigh in and Guided Walk starting at 5pm

Mon 19th Mar Final weigh in and "What's Happening in Charnwood" starting at 5pm

(Participants wishing to just weigh in on the above dates can drop in between 5 - 6pm)

(Workshops and Guided Walks will start at 5.15pm)

Elizabeth Park - Thurmaston

Wed 18th Jan Weigh in and Introduction 6 - 6.45pm. (1st Session) & 7 - 7.45pm (2nd Session)

Thur 2nd Feb Weigh in and Workshop on Healthy Eating starting at 6pm

Thur 16th Feb Weigh in and Guided Walk starting at 6pm

Thur 1st Mar Weigh in and Workshop - Cooking on a budget starting at 6pm

Thur 15th Mar Weigh in and Guided Walk starting at 6pm

Thur 22nd Mar Final weigh in and "What's Happening in Charnwood" starting at 6pm

(Participants wishing to just weigh in on the above dates can drop in between 6 - 7pm)

(Workshops and Guided Walks will start at 6.15pm)

Please see www.charnwood.gov.uk/pages/activetogether_current_activities for terms and conditions and scroll down to 'Related Documents'.

Ragdale Hall Ragdale Hall is located in the rolling Leicestershire countryside. It combines state-of-the-art facilities with the charm of traditional Victorian architecture to create one of the most luxurious and relaxing health spas in the country and was recently voted Best Spa in Europe. For more information go to our website: www.ragdalehall.co.uk or call: 01664 434831



Application Form

Name

Address

Contact Number Date of Birth / /

Email

Please bring on the first Weigh in and Introduction session. In the meantime, please register either by emailing active.together@charnwood.gov.uk or call the Active Together Team on 01509 632534