Fitness Mile Event

Get Going!

Want to check how your health kick in 2014 is coming along?

Need some information and motivation on where to start?

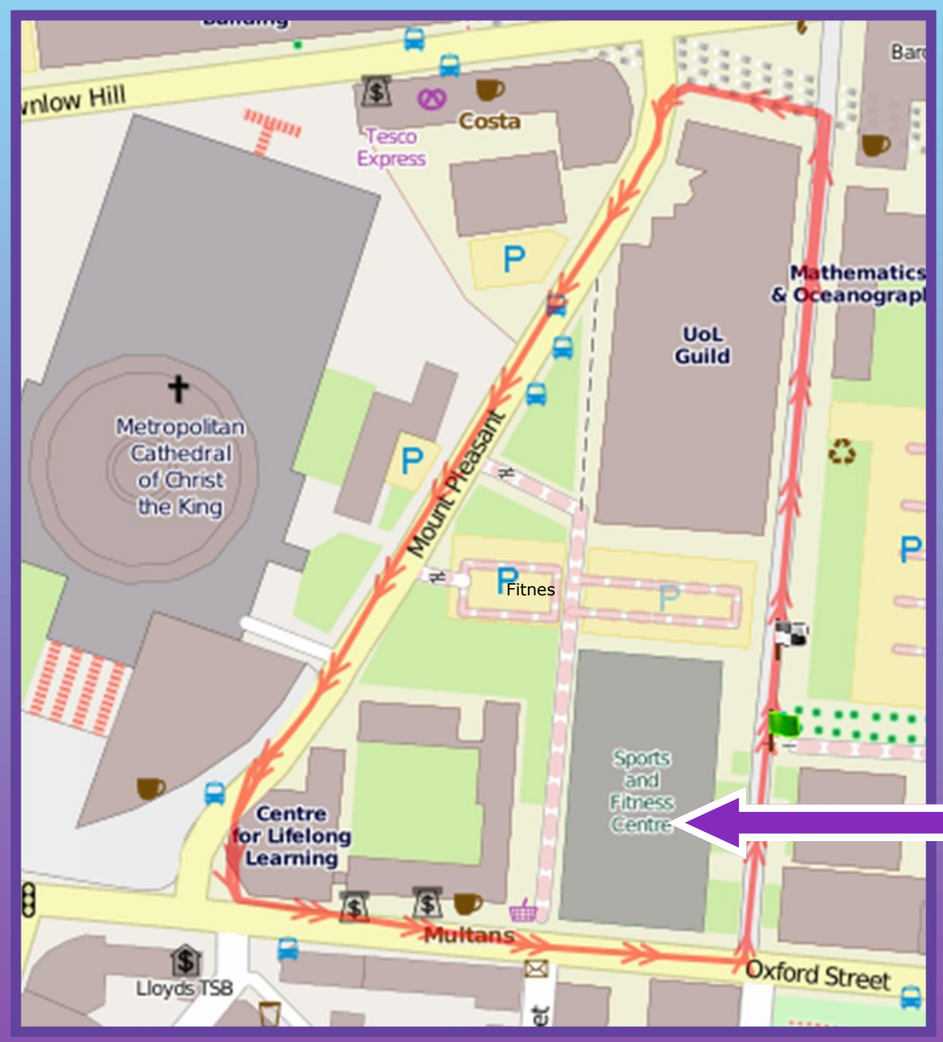
Fitness Mile a great way to get advice and support on where to start as a runner....

Why not come and see us...

- ***Runners MOT***
- ***Healthy Eating Advice***
- ***Slimming World Reps***
- ***Blood Pressure & HR***
- ***BMI Scoring***

Plus More...

* Not obligatory . Involves jog/run appropriate footwear required.



Wednesday

2nd July

12pm til 2pm

University of Liverpool

Sport & Fitness Centre,

Bedford Street North

L69 7ZN

Tel: 0151 794 3307

GetGoingLVP #GetGoing GetGoingLVP

We are seeking Leaders for a ***UOL Staff Get Going Group***, free training and kit provided. If you feel you could help us or are interested in finding out more the please get in touch **M:** 07718 394 750 **E:** cblain@englandathletics.org