



Want to be more active and need a helping hand to get started?

We can help.

We understand that it can be really tough to take that first step to being more active on your own. So we set up **In the Pink** – a short programme of support for anyone who feels they need a little extra help to come along to their local Fitmums & Friends club and be more active.

- Choose from walking, running, cycling, boot camp or buggy sessions
- Friendly, one-to-one support
- For men and women, aged 16+
- No need to be a Fitmums & Friends member or fit already

Find out more at www.fitmums.org.uk/in-the-pink

Interested? You only need to get in touch:

Call **07973 142901** Email inthepink@fitmums.org.uk

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