

**FREE  
PROGRAMMES**



# Why Weight Milton Keynes

## Lose weight with us!



**Call 01908 046 380**

12 week programmes for adults and children  
Why Weight is a FREE service for residents in Milton Keynes

Why Weight Milton Keynes, Acorn  
House, 351 Midsummer Boulevard,  
Milton Keynes MK9 3HP

01908 046 380  
[info@whyweightmk.co.uk](mailto:info@whyweightmk.co.uk)  
[www.whyweightmk.co.uk](http://www.whyweightmk.co.uk)

## Weight Management programmes available...



A healthy lifestyle programme for families with children aged 5-18 years old! Worried about your child's weight? Join one of our FREE programmes for families who want to eat healthily, be active and have fun doing this together. Recipe challenges and free activity clubs!



Our school based education programme raises awareness of healthy eating and physical activity enabling children in years 5 and 6 to explore how they can positively impact their own lives through healthy eating and active living.



A weight loss programme for everyone who wants to lose weight. We will help you to achieve and maintain long term weight loss. Join our informative and fun programmes today!



A men only weight loss solution. FitFans is a tried and tested programme that will get you fit, reduce your waistline and improve your confidence. Programmes running at professional sports venues in Milton Keynes – join now for FREE!



A weight loss programme for working people with busy lifestyles. We will show you that you don't need to choose between work and health! Balancing a busy work life with a healthy lifestyle needn't be a full time job! ShapeUp4Business is a complete, corporate package offering professional well-being solutions tailored to your business.



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