

Charity Slim

GET SPACE
in YOUR
PANTS!



Are you looking for that bit of motivation to get in shape for the summer ahead?

Then why not get together with a group of friends to get SPACE in your pants in just 6 weeks!

At a date to suit you we ask you to have a weigh-in... in the office, at home, wherever you like really. You're welcome to join our group at Preston Marina coffee shop on a Wednesday any time between 10 am – 4pm.

Then just try to exercise a little more and eat a little less or tweak those eating habits for the healthier option. Swap ideas and support each other within your group or on our facebook page.

Choose whichever methods work for you (a weekly weigh-in might be a good idea) and then after 6 weeks get together for the final weigh-in! You might even offer a prize for the biggest loser!

Prizes are available for the biggest losers, for those who complete their 6 week challenge prior to the end of July 2013, please see our website for details

We simply ask you to pay a donation for taking part, it's up to you how much but £5 each would be great! Please could the leader of the group collect this at your first weigh in and forward it to The Save Our Space Fund (details on our website) or drop it in at the SPACE Centre.

This is not compulsory but if you have the time and the inclination we would be very grateful for sponsorship for each pound you lose OR you pay us for each pound you gain!! (sponsor forms in the resources section of our website)



GOOD LUCK
and Thank-you

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"save our space centre"



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#spaceiyp

www.saveourspacecentre.org.uk

Promoted by Preston Marina on behalf of The S.O.S. Fund - Tel: 01772 733595 - 7 days a week