

**Kickstart your  
weight loss**

**Virtual courses &  
remote sessions**

**Portion sizes**

**Free exercise  
classes**

**FREE 12 week  
programme**

**Healthy Snacks**



**ShapeUp4Life**

Free support to lose weight and keep it off

# Want to lose weight... and **KEEP IT OFF?**

**The FREE weight management app for  
Southampton Residents. Download the app and  
access the 12-week programme and virtual classes**

**Download the app:  
[www.shapeup-  
4life.com/mobile-app](http://www.shapeup-4life.com/mobile-app)**



Download on the  
**App Store**



GET IT ON  
**Google Play**



Text 'ShapeUp' to 66777



@SU4LifeApp



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