



it's time... for better health

Healthy Weight Practitioners & Nutritionist

For Men: Gutless & Fit Grecians

We can help you choose the best weight loss option for you

Whatever your weight loss goals we can support you, take the first step today

It's all FREE!



Which of our **12 week adult weight management programmes** is for you?...

Your new direction

Devon
County Council 

Working in partnership with

onesmallstep
to a healthier you



Ready to make a change?..



1 **Just for Men** - join our 12 week online group session called Gutless.

Tips, tools and support to help you take charge of your health without giving up the things you love!



...or maybe our Fit Grecians Face to Face group is for you?

1000's of fit fans have tackled weight loss at their local football club and reached their goals with us.



2 **For both Men and Women** -

Our practitioners will work with you to make sustainable long-term behavioural changes to support healthy eating, exercise and weight loss

Our Registered Nutritionist will help you understand foods, so you can eat well, make better choices to improve your lifestyle and health.



3 **Just need a little support?...** Wherever you live in Devon our team can point you in the right direction so you can achieve your goals at a time and place to suit you.

It's all FREE!

To join one of our 12 week adult weight management programmes*...

Tel: **01392 908 139**
Email: hello@onesmallstep.org.uk
www.onesmallstep.org.uk

*Eligibility criteria applies - please ask us for details

Working in partnership with



onesmallstep
to a healthier you

