

FREE WEIGHT LOSS ONLINE COURSE FOR BLOKES IN DEVON*

So often weight loss support is aimed at women, but we know men face their own unique challenges when it comes to managing their health and fitness. **So lads, we've made this programme for you, and we've called it Gutless.**



We work in partnership with Devon County Council to offer you **free** support to learn about nutrition and behaviour change, so that you can take charge of your health, without giving up the things you love!

**SIGN UP FOR
YOUR FREE PLACE:**

AT [BEEZEEBODIES.COM](https://www.beezeebodies.com)

OR CALL 01273 294589

OR SCAN THE CODE



WHAT CAN I EXPECT WHEN I BECOME A GUTLESS LOSER?

- 12 weeks of webinars, led by nutritionists and behavioural scientists.
- Get the tools you need to override unhealthy choices & get healthier, leaner and fitter!
- A casual, fun, laid-back atmosphere. Banter guaranteed!
- Support making small, practical lifestyle changes that will have a big, long-term impact on your health and wellbeing.

*SIDE EFFECTS MAY INCLUDE, BUT ARE NOT LIMITED TO:

Improved mental health, more confidence, higher self-esteem, better sleep, reduced fatigue, more energy, increased mobility, lower blood pressure, blood sugar control.



BYE BYE
BEER BELLY

FREE WEIGHT LOSS FOR MEN