

achieving a slim, toned & healthy body

spectra  
slimming club



Through healthy eating, exercise and behavioural change, achieve a slim, toned & healthy body by joining spectra red.



- healthy eating
- exercise sessions
- habit busting tips
- confidence building
- increase energy
- safe weight loss
- food planning
- portion control
- more flexibility
- improve health
- support network
- food intolerance

all for just **£72** for 12 weeks  
or **FREE** for spectra members

# spectrared

for more information, visit the website at  
[www.spectra.org.uk](http://www.spectra.org.uk) or call 01872 561111

held at | morgan's | chacewater hill | greenbottom | truro | tr4 8qj

