



**FOR DETAILS
VISIT THE EVENTS CALENDAR AT**

www.newham.gov.uk/Services/HealthAndActivity/FitClub

or call 020 8430 6628

Newham 
Primary Care Trust

FIT CLUB MEMBERSHIP IS FREE:

Join online or call us –
details overleaf

**GET FIT CLUB
FOR SUMMER...**

TOP TIP:

Try walking 30 minutes each day,
to work, to college or just around your local park