

In support of:

**change
4life**

Eat well Move more Live longer

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Move more
Live longer**

Colloseum Gym is in support of Change4Life. In order to maintain a healthy weight we need to both eat better and move more. Many people are making changes that will help them live healthier and longer lives.

Visit www.nhs.uk/change4life
or call 0300 123 1041 for
more information.

Once you find your reason, living healthy just makes sense! Whether you want to decrease stress, look your best, meet new people or fit into your favourite jeans, we at Colloseum Gym can make it happen for you. Take advantage of our Special Healthy Lifestyle membership at only £2.99 per week paid monthly..

It will give you one more reason to make it happen!

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ONLY 75 AVAILABLE!**

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