



GUYS,
SIZE
DOES
MATTER

**THE COMPLETELY FREE, 12 WEEK WEIGHT LOSS PLAN
DEVELOPED SPECIFICALLY FOR MEN.**

www.commit2bfit.co.uk

WRITTEN BY MEN FOR MEN



commit2Bfit

NHS



THE ONLINE WEIGHT LOSS PLAN WRITTEN BY MEN FOR MEN

Looking to lose weight and keep it off this time?
Sick of faddy diets designed for women?
COMMIT2BFIT IS FOR YOU!

LOSE WEIGHT AND WAIST

Lose 10kg (1st 8lbs) on the 12 week commit2Bfit plan.

GAIN HEALTH AND LIFE

Losing weight will give you more energy and reduce your chances of developing health problems like heart disease and diabetes.

WHAT YOU GET

The **FREE** commit2Bfit online plan provides you with the information, help and support you need to lose weight and keep it off.

- Simple 12 week plan
- Interactive online food and activity diary
- Graphs to measure and monitor your progress
- Track your calorie intake and how many calories you are burning
- Audio tracks to listen to each week
- Personal support from our expert
- Share experiences with other members
- Mobile phone app to support you on the go

GET STARTED TODAY

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