



Living lighter the African and Caribbean way!

**Discover the programme
that's been made for you!**

Up!Up! is a 12-week group-based healthy living programme. It aims to give you information and support to improve your health through physical activity, healthy eating and weight loss.

**Up!Up! sessions are welcoming,
informal and supportive.**

- **Learn** from others and join in with discussions
- **Share** your ideas and any tips and success you might have throughout the sessions
- **Set yourself goals** for your health and receive help and support to achieve them.

Registration is free!

"Up!Up! was a life-changing journey for me. I never knew exercise could be such fun. Thank you for helping me on my journey to a healthier life"

"There was a real sense that the facilitators cared about me and my progress and I appreciated that."

**Join
today**



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If you can answer yes to the following
you may be able to join Up!Up! for free:

- You are an adult of African or Caribbean heritage
- You are aged 18+
- You speak English
- You are willing to take part in group-based sessions
- You are able to take part in light/moderate physical activity

What to expect with Up!Up!

- 12 weekly group-based sessions
- 1-hour each session
- Nutrition coaching and cooking workshops
- Physical activity classes, suitable for all abilities
- Information and support focused on healthy living
- Using what you learn to live a healthier life

How to join?

-  Ask your GP to refer you to Up!Up!
-  Visit www.upulivinglighter.org to find your local programme
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**Join
today**

