

“I do classes because it’s a great way to lose weight and have fun with my friends.”

Dola, 57, from Fazakerley, Liverpool

Being more active has made a huge difference to Dola’s life. She’s gone from being on the edge of diabetes to living a healthy, active lifestyle. Now she sleeps better, has more energy and has lost weight too!

Join in with **FREE** local activities, special offers and motivational support at FitForMe.info

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JOIN IN. FEEL GOOD.

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