

Nutri-Fit Norfolk

“Number 1 for kids’ coaching” www.fitc.org.uk / 01603 761122



Free 10-week course!

Football in the Community



FITC and Nutri-Tactics have teamed up to provide Nutri-Fit Norfolk.

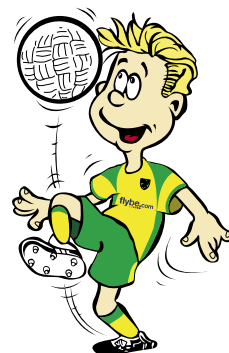
Nutri-Fit is a free 10-week course running on Saturday mornings designed by specialists for 14 to 18 year olds concerned about their weight.

During the 10 weeks you will learn about:

- Eating for health including weight management;
- How to plan healthy meals;
- Goal setting.

There is also the chance to try out various sports such as football, rugby, hockey, pilates, yoga, gym and more.

To find out more information contact Anna Suckling, Specialist Paediatric Dietitian, on 01603 287011.



Supported by

The National Lottery[®]
through the Big Lottery Fund



Terms & Conditions

All Nutrifit Norfolk forms must be received by FITC before the start of the course. We do not accept responsibility for loss or damage to property. Those attending the courses should not be left unsupervised at the venue until 15 minutes before and after the course starts and ends.

Application Form

Your details

First name: Middle name: Surname:

Date of birth: Gender: Male Female

Address:

..... Post code:

Home tel (inc STD): Mobile tel: Emergency tel:

E-mail address: Next of kin:

To comply with the Data Protection Act, we must have your permission to use your e-mail address for marketing purposes. Therefore, if you would like to receive information about our courses via e-mail, please tick this box

Name and telephone number of family doctor:

Do you suffer from any illness or learning or physical disabilities which should be brought to our attention? YES / NO

If YES, please give brief details:

Declaration

Declaration by participating adult or guardian over 18 years of age: Please accept the above-named child on the course. I agree to the terms and conditions above and confirm that any medical condition which may affect participation on the course has been fully disclosed above.

Health and safety/child protection: I also give permission for all partners in the programme to take and use photographs and videos of the participant for future publications and publicity, administer first aid if necessary, and to transfer me/my child to hospital should an emergency arise.

Name: Signature: Date:

Office use only: Paid: (not applicable) Data: Conf: