



Arsenal
COMMUNITY



Camden



ISLINGTON

For a more equal future

**FREE MEN'S
12 WEEK
WEIGHT LOSS
PROGRAMME**



SCAN TO WATCH
OUR VIDEO



For more information please contact Rhys Ratcliffe - 07548 107 576 / rratcliffe@arsenal.co.uk.

SHAPE UP

REFERRAL CARD



QUALIFYING CRITERIA

- Male aged 18-65
- Body Mass Index of 27.5+
- Camden/Islington resident or registered with a local GP

Name of Patient:

GP Address:

Name of GP:

To the best of my knowledge, there are no clinical reasons why the above named patient should not take part in a programme of physical exercise.

Signed:

Print Name:

Date: