

# MAN v FAT IN NORFOLK

MAN v FAT IS THE UK'S LEADING MALE WEIGHT LOSS PROGRAMME AND NORFOLK COUNTY COUNCIL ARE OFFERING FUNDED PLACES TO THE COUNTY'S RESIDENTS TO GET STARTED ON EACH OF MAN v FAT'S WEIGHT LOSS SCHEMES



## MAN v FAT FOOTBALL

Men will play small sided football games on a weekly basis for the right to be crowned champions in their MAN v FAT league – but it's not just based on their football abilities. Far from it!

Weight loss is a core element of their time with us and, each week, any losses contribute to bonus goals that can switch the result of their match around.

The accountability to their teammates ensures that MAN v FAT Football keeps guys focussed on their weight loss and supported by their teammates and their league coach, the men are giving meaningful nutrition and diet guidance to help them achieve their targets.

FUNDED PLACES  
ARE AVAILABLE  
IN MAN v FAT  
FOOTBALL CLUBS  
ACROSS NORFOLK!\*



## MAN v FAT CHALLENGE

Using aspects of our successful MAN v FAT Football programme but adopting a more holistic approach to lifestyle change, MAN v FAT Challenge offers a fresh way to lose weight competitively but also remotely.

This is based on a weekly nutrition challenge, a weekly exercise challenge and an ongoing quest to create healthy habits around sustainable lifestyle changes.

You can compete in the weekly challenges at a time that suits you – just be sure to make your contribution counts to support your team.

You'll be teamed up with likeminded men to take on other Challenge teams and, if your team scores more Challenge points than your opposition, the victory in that week's fixture will be yours!

USE THE CODE  
NORFOLK FOR  
YOUR FUNDED  
PLACE!\*

## MAN v FAT CHALLENGE AT WORK



Want to join your work colleagues in our workplace challenge? Whether it's taking on other teams in your business or teams from other companies, Challenge At Work takes the MAN v FAT Challenge programme into your company to support your male colleagues.

With wide ranging health and wellbeing benefits, Challenge At Work will provide real support to your team as you look to improve the health of your workforce.

VISIT [WWW.MANVFAT.COM/NORFOLK](http://WWW.MANVFAT.COM/NORFOLK)  
OR CALL US ON 0345 163 0042



**Norfolk**  
County Council

\*Funded spaces are subject to a refundable deposit of £10 for football and 50p for challenge