

## Project Weightloss.

### New programmes commencing this January at a facility near you.



Ready to change your life and get active? Need advice and motivation to do so? Then Project Weightloss might just be for you! Programmes will commence in 9 facilities from January 13th.

Project Weightloss is targeted at participants who are overweight and with a Body Mass Index over 25, the programme is run twice a week over 12 weeks and is designed to empower the participant to focus on the areas of their everyday activities which can be changed to bring about improved health & fitness and as a result, reduce excess weight. Project Weightloss is an initiative of the Cork Sports Partnership and has been enhanced by the involvement of the Health Promotion Department of the HSE South and Leisureworld Cork. "People need support to make a change and this programme brings together like minded people who have similar goals and experiences", stated Eithne Hammond, Programs Manager in Cork Sports Partnership.

The facilities taking part in the programme and the start dates are as follows:

- Aura Youghal: 15<sup>th</sup> January @ 8pm
- Ballinacarriga/Lisabealed Community Centre:
- Coral Cobh: Monday 13<sup>th</sup> January @ 8pm
- FitFactor, Midleton: 14<sup>th</sup> January @ 8pm.
- Leisureworld Bishopstown: Monday 13<sup>th</sup> January @ 7 & 8pm
- Leisureworld Churchfield: 14<sup>th</sup> January @ 7pm.
- Mayfield Sports Complex: 14<sup>th</sup> January @ 11am
- Macroom Community Leisure Centre: commencing Feb 2014.
- Skibbereen Sports Centre: 14<sup>th</sup> January @ 8pm

To apply for the programme please pick up an application form from any of the above facilities, or download one from [www.corksports.ie](http://www.corksports.ie) Please contact the Cork Sports Partnership on 021 4665081 if you have any further questions.