



COMMUNITY FOUNDATION

Registered Charity Number 1159381

MARIA LOST 6.4 KG IN 12 WEEKS WITH FIT U'S!

LOST 6.4KG

LOST 12CM AROUND THE WAIST

"I FEEL FITTER, MORE MOTIVATED. MY BLOOD PRESSURE DROPPED FROM 203/81 TO 146/72!"

"I DID THIS FOR MYSELF AND MY HEALTH"

My Achievements
★ LOST 6.4 KG
★ BP DOWN ↓
★ LOST 12 CM (WAIST)

JOIN THE NEXT 12-WEEK COURSE AND CHANGE YOUR LIFE!

01206 755160 • cucf@colchesterunited.net

MARK LOST 8.2 KG IN 12 WEEKS WITH FIT U'S!

LOST 8.2KG

LOST 13CM AROUND THE WAIST

"FORGET ABOUT BOOT CAMPS, DIET CLUBS ETC AND SIGN UP TO A COURSE THAT OFFERS FRIENDSHIP, REASSURANCE AND ASSISTANCE IN ATTEMPTING TO HELP MAKE OUR LIVES HEALTHIER"

My Achievements
★ 8.2KG LOST!
★ 13cm off waist
★ BP down ↓

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Free 12-Week Health & Wellbeing Programme with Colchester United

Looking to lose weight, get fitter and feel better? Colchester United Community Foundation (CUCF), with the support of EFL in the Community and Essex County Council, are once again helping the local community to tackle their weight, lifestyle and mental health by offering a **FREE 12-week programme** at Lift Clacton School this September-December 2025.

"Having recently completed the FIT U's 12-week programme I feel much more healthy which has made my overall mood better, I feel happier in myself. I would like to thank both coaches for their hard work and commitment to us over the last 12 weeks. Anyone in two minds about signing up shouldn't hesitate to do so as the course is very informative and gives you that bit of motivation you need to start being more healthy. I also found my group very supportive so thank you everyone."

Jane (57) from Colchester.

TO INSPIRE, ENRICH AND UNITE OUR COMMUNITIES

Shrub End Community & Sport Centre, Boadicea Way, Colchester, Essex, CO2 9BG

www.cu-fc.com/cucf
cucf@colchesterunited.net
01206 755160
@CoIU_CF /CoIU_CF
#enrichourcommunities



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Do I qualify for FIT U's?

- Are you aged 35-65?
- Do you have a BMI of 28 or above?
- Does your waist measure more than 38in males or 31in females?

If yes, then FIT U's could be the perfect programme for you!

What can you expect from FIT U's?

FIT U's is part of the EFL's FIT FANS initiative, which has already helped thousands of football fans to achieve long-term improvements in weight loss, physical activity, diet and general wellbeing. Participants on average lost over 5% of their body weight and have seen lasting benefits.

The programme consists of 12 weekly fitness and theory-based sessions created by the Foundation's coaches to help improve your lifestyle and make long-lasting changes.

Hear from ex-participant Andy on his experience here:

<https://www.facebook.com/ColUCF/videos/1370528604145145>.

FIT U's Results:

Average Results:

- **Women (49 years old):** Start at 92kg with a 105cm waist → Finish at 88kg with a 96cm waist.
- **Men (53 years old):** Start at 121kg with a 126cm waist → Finish at 114kg with a 115cm waist.

Biggest Losses:

- **Female:** 12.3kg (2 stone) in 12 weeks!
- **Male:** 21.2kg (3.3 stone) in 12 weeks!

On average: women lose 4% of their body weight, and men lose 6%, achieving real, lasting results in just 12 weeks.

Next Dates Available:

- **Female only group:** Wednesdays at Lift Clacton School – 5.30pm-7.00pm starting on Wednesday 10th September and running until Wednesday 3rd December 2025.
- **Male only group:** Wednesdays at Lift Clacton School – 7.00pm-8.30pm starting on Wednesday 10th September and running until Wednesday 3rd December 2025.

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Interested in joining FIT U's?

- **Females sign-up here** – <https://forms.office.com/e/eYa8AtuMVA>.
- **Males sign-up here** – <https://forms.office.com/e/HQcrR81LT1>.

For more information, please email cucf@colchesterunited.net or call 01206755160.

FIT U's has been made possible thanks to funding from Essex County Council through their Public Health Accelerator Bids programme.

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