



Day:	Thursday
Time:	10am—1130am
Dates:	Starts on 12th January 2012 for 10 weeks
Numbers:	Minimum 8, Maximum 14.
Course Level and Title:	n/a
Course Fee:	£75
Tutor:	Shelley Blackhurst

Who is the Course for?

Do I need any prior experience? No

Will I need an Interview? No

What could I do next? Join a gym or regular exercise class

What are the aims of the course?

Course aim:

What topics will I cover?

- Up to date information on healthy eating for Fat Loss
- Up to date information on exercising for Fat Loss
- Healthy Recipe ideas



What will the sessions consist of?

This session will involve 45 minutes of (fat blasting!) activity, followed by a talk on nutrition. Each week will build on the last week and by the end of the course you should go away with some useful and relevant Nutrition and Exercise knowledge to help you continue to loose weight or maintain your weight loss depending on your goals. You do not need to be a high level of fitness, but you do need to commit to the 10 week course if you want to see results. No silly diets, but tried and tested methods of losing fat.

Please wear comfortable or exercise clothing and appropriate footwear (trainers) A large bottle of water is advisable too. Please meet outside the LRC on first day of the course where you will be met by your Tutor.

How is the course assessed?

Practical Exam? No Written Exam? No

Awarding Organisation: n/a

How can I prepare for the course?

If your goal is to loose unwanted Body Fat, then, any kind of activity is going to be beneficial. Try and do something active every day for around 20 minutes. Walking, swimming, cycling — even gardening and housework count!

Key Facts

Apprenticeship option? No

Key Qualification? No

**What Next?
Contact us**

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