



GATESHEAD

READY TO GET FIT?

**BMI OF 27.5 OR OVER? JOIN
A COMMUNITY OF LIKE MINDED
MEN JUST LIKE YOU, LOOKING
TO LOSE WEIGHT AND READY
TO ENJOY THEIR FOOTBALL!**

**TO SIGN UP AND GET STARTED
AT GATESHEAD INTERNATIONAL
STADIUM, VISIT OUR WEBSITE AT
MANVFATFOOTBALL.ORG/GATESHEAD**

**FUNDED
PLACES
AVAILABLE!**



OR SCAN HERE

Wednesday 8.30pm to 9.30pm
Gateshead International Stadium, Neilson Road, Gateshead, NE10 0EF

MANvFAT FOOTBALL



**Gateshead
Council**



WHAT YOU GET



- Weekly small-sided league games with qualified referees, trophies and medals
- Weekly weigh-ins with medical-grade scales and progress reports
- Routine, support and accountability from your teammates and an experienced coach
- Exclusive recipes, webinars and other online resources
- The opportunity to play in MAN v FAT national tournaments
- Access to online exercise classes with the MAN v FAT Gym
- Support for your mental health and wellbeing with MAN v FAT Foundations

SIGN UP AT [MANVFATFOOTBALL.ORG](https://manvfatfootball.org)