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News Release

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DIETBUSTERS RETURNS READY FOR POST-CHRISTMAS SLIMMERS

DIETBUSTERS will be returning this month after a successful launch in the autumn which saw participants losing up to one stone on the weight-management course.

The 12-week course was delivered in four leisure centres and between them had 40 people taking part. The course has been so successful that it will now be available at even more locations. New College are now offering the course and there are plans to take it to Penhill in the spring.

Dietbusters is a weight-management programme which guides people to a healthy lifestyle by encouraging sensible eating habits and increasing activity levels. This includes both education on topics such as food labels and portion sizes and exercise tailored to the specific needs of the individuals taking part.

Speaking about Dietbusters, course organiser Carole Jones said: “We had a great response to the programme last time and in Stratton it was particularly successful. I am really pleased that we are able to offer this course again and help support people who want to address their weight.

“New Year is traditionally a time when people make resolutions to lose weight and become more active and so I would really encourage anyone in that position to give us a go.”

The course begins again in mid-January with concessions available for Swindon Card holders. Anyone who would like to find their nearest Dietbusters course should contact Carole (part of the Borough Council’s Lifestyle team) on 01793 514401.

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Note to editors:
Active Swindon is a lottery funded project which aims to increase the physical activity participation rates of residents in Swindon, Shrivenham and parts of North Wiltshire by 1% per annum. This is a national target for participation working towards 50% of the population being physically active by 2020 at a level which will have health benefits. (5 x 30 minutes per week for adults and 7 x 60 minutes per week for children). The project is delivered as a partnership between Swindon Primary Care Trust, Swindon Borough Council and the Great Western Community Forest.

Press enquiries:
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