

**LASS – Supporting your Lifestyle Change**

**Signposting Permission forms for website**

Area:-	Tweeddale	Town:-	Innerleithen
Activity:-	Body weight exercises	Name of activity:-	Metafit
Venue:-	Library Hall, Innerleithen	Day/Time:-	Monday 7.00 – 8.00 pm
Contact information:-	<a href="mailto:jocelyn@fitborders.co.uk">jocelyn@fitborders.co.uk</a> Mobile: 07511 711193		
Cost:-	£5.00	Gender:-	All welcome

**Additional Information to be included**

**Metafit** combines traditional bodyweight exercises with the latest high intensity interval training (HIIT) and Tabata techniques, working on the premise that in order to burn fat, you need to boost your resting metabolism.

ase

;



<b>All information is to be signed as approved before inclusion on the LASS website for copyright purposes</b>			
Name of event organiser:-		Signed:-	
Organisation:-		Date:-	
Lifestyle Adviser:-		Date:-	