

Leisure Centre Taster Sessions

Physical activity (walking, swimming, cycling) can help to:

- Lower Blood Pressure
- Reduce the risk of developing heart disease
- Reduce the risk of developing diabetes
- Reduce feelings of depression/anxiety
- Control weight
- Strengthen bones, muscles and joints



Receive one month **free** taster session for Gym, Swim and Classes at **Wymondham Leisure Centre**

To find out if you qualify please ask at Reception

Enhancing your quality of life