



Would you like more ideas to help you live a healthier and more active life?

If you join Go4Life you will receive lots of helpful information about activities in North Somerset.

Benefits for Go4Life members include:

- free** step counter
- regular online newsletter
- Active Directory
- information on Go4Life challenges and health walks
- supportive information and advice

Go4Life is free to join - just complete and return this form:

Name:	Date of birth:
Address:	Post code:
	Home tel. number:
email:	Mobile tel. number:
What are the greatest barriers that stop you taking part in physical activities?	
Which physical activities do you enjoy most, or would like to try in future?	
How can we help you to become more physically active and healthy?	

I give permission to be contacted about Go4Life and my physical activity levels in the future.

Signature: _____ Date: _____

The Go4Life scheme is a North Somerset Partnership initiative that is administered by North Somerset Council. North Somerset Council in accordance with the Data Protection Act will hold any personal information supplied. This information will be used as part of the Go4Life scheme and will not be passed on to any other organisation.

Disclaimer: Whilst North Somerset Partnership is trying to encourage physical activity, we are not in a position to provide medical advice. Individuals need to satisfy themselves that they are fit enough to take part. We recommend that anyone starting physical activity should first speak with their doctor, particularly older people. We cannot accept responsibility for injury or health problems which may arise from taking part in our sessions.

Please return completed form to: Go4Life, Town Hall, Walliscote Grove Road, Weston-super-Mare, BS23 1UJ.

For more information about Go4Life visit www.go4life.org.uk / email go4life@n-somerset.gov.uk or call 01275 882 730.