

12 Week Health Reset

Transform your health in 12 weeks

Get ready to make lasting changes and reset your health with our 12 Week Health Reset nutrition plan! This structured programme is designed to guide you through a journey of healthy habits, balanced eating, and sustainable fitness.

- Start Date: 30th April
- End Date: 16th July
- Time: 11.30–13.00 every Wednesday
- Location: Oundle School Sports Centre

How it works:

- Upfront payment: £50 for 12 weeks
- Pay as you go: £5 per session

More than one missed session means restarting on the next course.

Why join?

Personalised guidance from our expert instructor, Becky, every week.

Learn sustainable nutrition strategies and habits to help you achieve long-term health goals.

Meet like-minded people and be part of a supportive group that helps keep you motivated.

