



GET STARTED WITH HEALTH AND FITNESS



Taster Day 11th March



Sessions 15th-19th March

Are you aged 16-30? Not in full time education, training or employment? Living in West Yorkshire and interested in Health and Fitness?

Join online for sessions with West Yorkshire Fire and Rescue service, where you will have:

- Free fitness equipment delivered to your door.
- Nutritional guidance and how to eat well on a budget.
- A variety of daily activity sessions designed to boost key transferable skills, such as communication and teamwork.
- Mindfulness, building resilience and coping strategies, including making healthier life choices.

SIGN UP OR FIND OUT MORE

Daniel.Siggins@princes-trust.org.uk or call 0800 842 842



European Union
European
Social Fund



Prince's Trust



West Yorkshire
Fire & Rescue Service