

Our HEALTHY ACTIVE LIFESTYLE (H.A.L.) CLUB

- Established in Guilden Sutton in November 2015 by local health coach Su Baird
- Friendly, supportive environment where members learn about the importance of following a healthy active lifestyle
- Coach-led, healthy nutrition topic each week
- Provides a mix of exercises that can be adapted for those with limited movement or for those looking for a more intense work out.
- Meets every Thursday in the Village Hall from 09.15 – 10.30. Weekly membership is just £4 and new members are always welcome. For more information please contact Su Baird on 0777 195 1427.



Su also runs a similar club, with fellow health coach Susan Kinnear, called NuFitU on Monday evenings 17.45 – 19.15 at Vicars Cross Community Centre, Thackeray Drive. For more information visit <https://www.facebook.com/Nu-Fit-U-719922184830954/?fref=ts>



If you enjoy working out in the fresh air, then why not join Su's outdoor fitness sessions in Hoole every Wednesday at 6.30pm and Saturday at 10am for just £1 per session. Please contact her on 0777 195 1427 for details.



Su Baird (<https://www.facebook.com/nutritionhealthlifestylechester/>) is passionate about helping people to kick bad habits into touch and adopt a healthier, more active lifestyle. She encourages people to make the changes needed to improve their wellbeing and to get more enjoyment out of life over the long term.

Su is also passionate about working with like minded people, helping them to spread health and wellness messages through their own communities, whilst, at the same time building an extra income for themselves. If you are interested in finding out how to build a second income in this way, please contact Su (0777 195 1427).