

Joining is easy
Simply follow these 3 steps

1. Fill in your personal information

Member name

Company name

Email address

Contact number

2. Call your chosen centre to book a sign-up appointment

3. Take along your completed form and company ID and one of our team will set up your membership



We look forward
to seeing you.

A new concept in health and fitness.

We look at health differently by challenging the way people think about and manage their lifestyle. We've integrated advice from health experts in fitness centres, clinics and hospitals, to create a uniquely personal and convenient service unmatched in quality.

What can you achieve in 7 days?

A week is all you need to start making steps towards improved physical and emotional health.

Fitter



In just a few days, you can improve your stamina and energy levels for a more effective workout. You might even lose a few pounds along the way!

Happier



Recent studies show the link between physical activity and improved mood. Even a small amount of exercise can help you to clear your mind, relax and generally feel happier.

Healthier



With only small but marked improvements to your fitness and emotional wellbeing, you will be well on the road to discovering the new, healthier you.

Rewarding you for staying healthy.

Once you become a member of Nuffield Health, after 3 months, you will get another health MOT. If you have improved or maintained your health, we'll be delighted to give you rewards up to the value of £100* that can be redeemed against any of the following: a FREE month's membership; a FREE personal training session; FREE guest passes.



* Please visit nuffieldhealth.com/terms for full details. Terms and conditions may apply. © Nuffield Health 2012.



7 days that could
change your life.

An exclusive FREE
introduction to corporate
gym membership from
Nuffield Health.

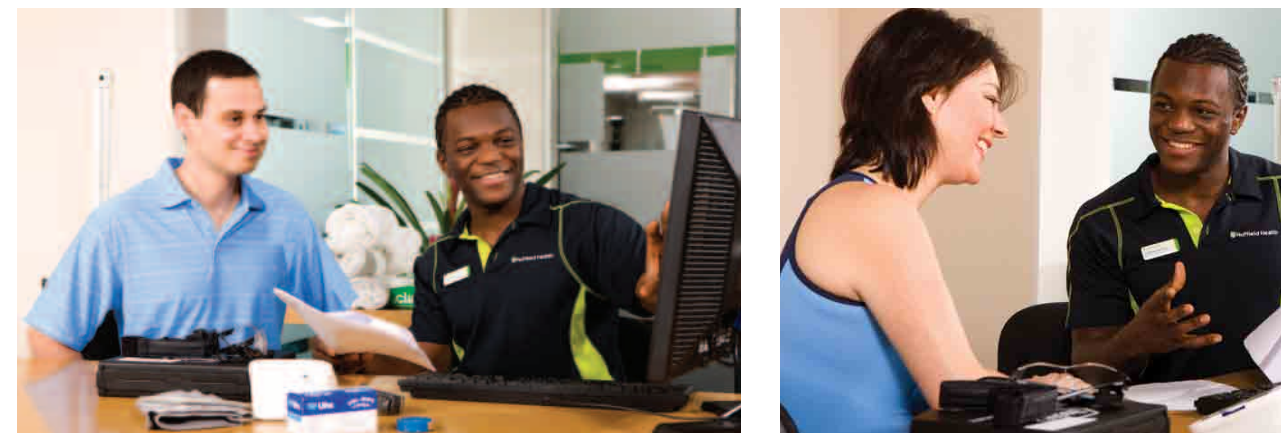


Take our FREE 7 day health & fitness trial and feel the difference it makes to your life.

Seven short days is all it takes to kick-start the journey to a new, healthier you.

PLUS we'll include a comprehensive health MOT (worth £80) if you decide to join.

Our health MOT is performed by a clinically trained Wellbeing Advisor and is designed to give you a thorough overview of your current health. It involves a 12-point check from measuring your cholesterol and blood pressure to assessing aspects of your lifestyle, for example, sleep and hydration. From this we'll create a personalised action plan to help you reach your goals.



More for less.

Our Fitness and Wellbeing centres offer everything you'd expect from a health club and much more, all at a great discount. In addition to great fitness facilities, we are committed to taking care of your all-round health so you will also find a range of holistic services from relaxation rooms to physiotherapists.

More for your partner.

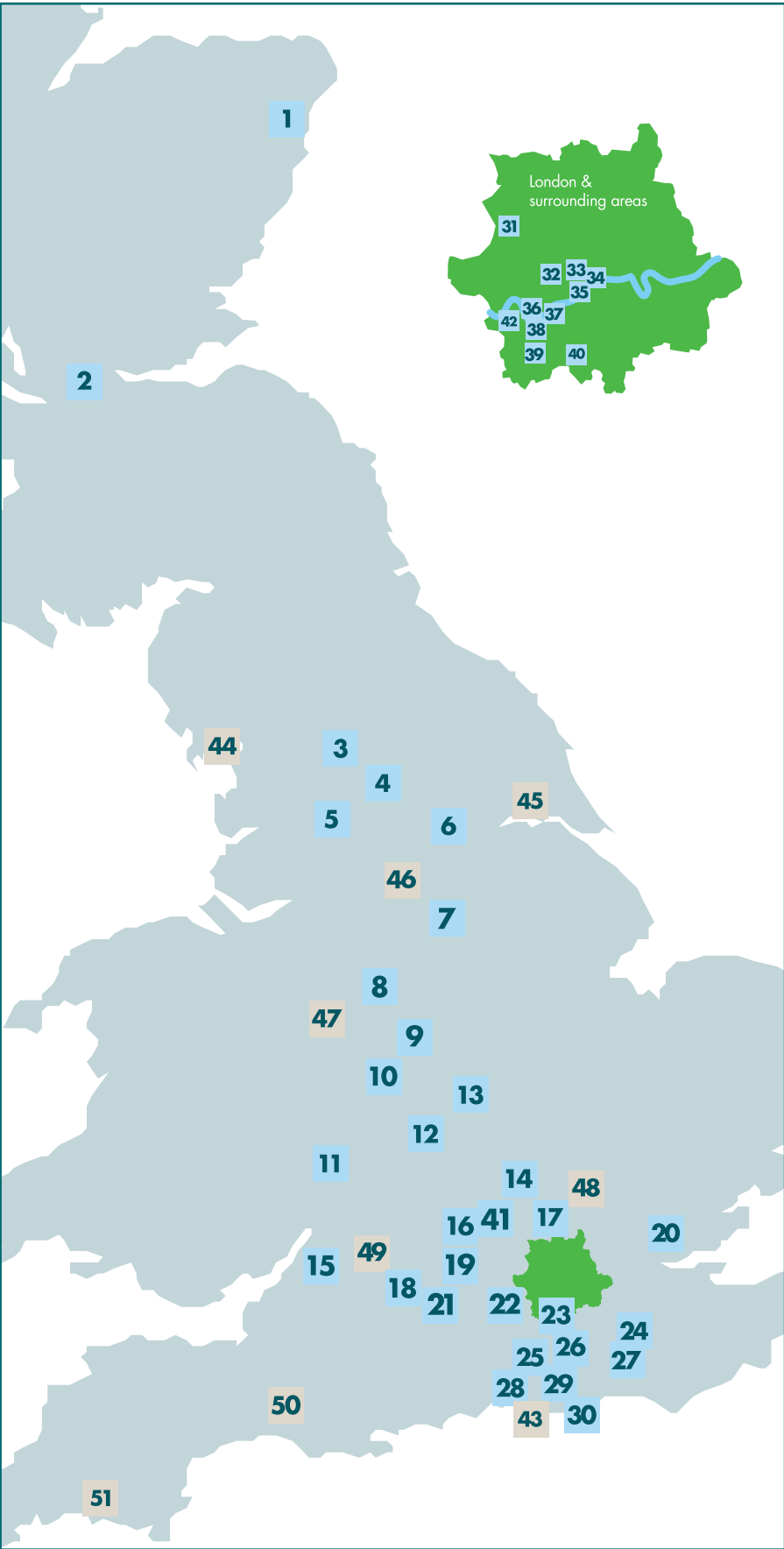
When you join, your partner can also join at a discounted rate. Just come with them on their first visit after which you can enjoy the range of fantastic facilities either separately or together.

20% off

We're offering you a 20% discount to get you started on the road to health and wellbeing. See the map overleaf to find a list of participating Fitness & Wellbeing centres. There are a handful of centres that the discount doesn't apply to as they offer very low cost membership as standard.

Find your nearest Fitness & Wellbeing centre.

Use the map below to find the most convenient centre for you. Call them today to find out how big a saving you could enjoy. Visit www.nuffieldhealth.com for more centre details.



Discounted rate centres		
1	Aberdeen	01224 588 789
2	East Kilbride	01355 236 601
3	Harrogate	01423 810 858
4	Guisley	01943 877 284
5	Cottingley	01274 565 741
6	Doncaster	01302 365 588
7	Nottingham	01158 220 306
8	Cannock	01543 426 531
9	Leicester	0116 2999 444
10	Nuneaton	02476 370 007
11	Worcester	01905 453 607
12	Warwick	01926 314 142
13	Northampton	01604 751 444
14	Letchworth	01462 681 075
15	Bristol	0117 925 2538
16	Aylesbury	01296 487 627
17	Hertford	01992 584 765
18	Newbury	01635 569 944
19	Stoke Poges	01753 663 666
20	Chelmsford	01245 254 444
21	Reading	01189 750 550
22	Twickenham	020 8892 2251
23	Surbiton	020 8335 2900
24	Bromley	020 8466 2800
25	West Byfleet	01932 351 835
26	Cheam	020 8770 7858
27	Crawley	01293 884 488
28	Farnham	01252 747 500
29	Leatherhead	01372 375 220
30	Chichester	01243 788 678
31	Brondesbury Pk	020 8451 7863
32	Paddington	020 7289 4686
33	Bloomsbury	020 7813 0555
34	City	020 7283 0101
35	Covent Garden	020 7240 2446
36	Fulham	020 7471 1200
37	Battersea	020 7228 4400
38	Wandsworth	020 8874 1155
39	Wimbledon	020 8947 9627
40	Norbury	020 8679 2226
41	St Albans	01727 816 100
42	Richmond (Cannons)	020 8948 3743
Non-discounted rate centres*		
43	Portsmouth	
44	Barrow-In-Furness	
45	Hull	
46	Chesterfield	
47	Telford	
48	Bishop's Stortford	
49	Swindon	
50	Yeovil	
51	Plymouth	

* Low cost membership as standard

Enjoy a seven day free trial

at a Nuffield Health & Fitness Wellbeing Centre of your choice.

Just fill in the form below and bring it along to your chosen Nuffield Health centre.



Please enter person under Code: Corp7

Free 7 day trial

Name

Company name

Reception to complete:

InitialsValid until