

**WHICH IS THE FITTEST CLUB IN THE COUNTY?!**

Across the month of January 2012 we will be conducting our Fit 4 Action programme at clubs across the county. Fit 4 Action is a series of tests that assesses strength, endurance and stamina. Book your club session with us now on any day in January!

[charlie@essexboysandgirlsclubs.org](mailto:charlie@essexboysandgirlsclubs.org)  
01245 264783

**FIT**

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**ACTION**

**Essex Boys and Girls Clubs**

[www.essexboysandgirlsclubs.org](http://www.essexboysandgirlsclubs.org)

