

WHAT IS

LighterLife?

WHETHER YOU HAVE A LOT OR A LITTLE TO LOSE, LIGHTERLIFE HAS A PROGRAMME FOR YOU. FIND OUT WHAT LIGHTERLIFE INVOLVES AND WHY IT'S DIFFERENT FROM OTHER WEIGHT-LOSS PLANS

'LighterLife helped me realise that I was eating in a bid to cheer myself up or when I was bored. I was eating because I was miserable. Now, I've lost over 5st and I feel like I'm the person I used to

be years ago. I'm much more confident and don't need to hide away anymore. LighterLife is so much more

than a diet, it's a life-change programme. The weekly groups put it head and shoulders above any other weight-loss plan.' **LISA CRAIG**



Why we're different...

Are you fed up with yo-yo dieting and losing weight, only to put it all back on again? How many times have you reached for food, citing boredom, loneliness, stress, happiness or sadness as an excuse? You're not alone.

LighterLife is different from other diets – we understand that losing weight alone isn't enough. The key to life-changing weight loss is as much about the way you think, as it is about the way you eat.

So what's our secret?

Our groundbreaking and unique psychological approach tackles weight loss by encouraging you to look at your eating patterns and the issues underlying them. So, as you lose weight, you build the skills and tools to keep it off for good.



THE PLANS WE OFFER...

1 LIGHTERLIFE TOTAL

The quickest way to a new, lighter you. Lose a stone a month on average with the opportunity to attend weekly group support sessions. Your normal food intake will be replaced with four LighterLife Foodpacks a day.

Four Foodpacks give you all the nutrients you need each day for good health, so you'll lose weight quickly. And once you've lost the weight, our unique Management programme will help you keep it off.



'I did LighterLife Total and can honestly say it's the healthiest I've ever been. Stick to your four Foodpacks a day and attend your weekly groups, and the results will be amazing. My BMI is now healthy and my cholesterol levels are great. Thanks to LighterLife, I've got a whole new set of healthy eating habits.'

DENISE WELCH

2 LIGHTERLIFE LITE

If you have less weight to lose, LighterLife Lite is the plan for you. The weekly group counselling sessions help you change your mindset and you eat three LighterLife Foodpacks a day, along with a meal from a range of tasty, healthy choices. We'll make sure you know exactly what you can and can't eat to lose weight quickly and easily, and when you reach your ideal size, our group work and Management programme will help you to stay that way.



'LighterLife Lite really helped me to get to the root of my food issues so I could move away from yo-yo dieting. The group sessions were enlightening and supportive, and gave me the chance to really confront the issues I had around food. For the past 3½ years I've been successfully managing my weight, using the tools from the groups.' **PHILIPPA KURYS**

3 LIGHTERLIFE FAST

LighterLife Fast is a 5:2 intermittent fasting plan that offers complete nutrition on fasting days. It's an easy way to help keep your weight in check or drop a few pounds. Just fast for any two days, and eat and drink normally on the other days. That's it! On 'fast' days you'll replace what you'd normally eat with four LighterLife Foodpacks – giving you around 600 kcal a day, and 100% of your nutritional needs.



'LighterLife Fast is a great way to lose a few pounds and keep my weight in check. My LighterLife Counsellor was great at explaining how it worked and it's an easy plan to follow. I'll definitely continue using Foodpacks in the future.' **DEBRA FRANKS**

HOW IT WORKS...

LIGHTERLIFE GROUP WORK

While losing weight on LighterLife Total or Lite, you'll have the opportunity to attend weekly group support sessions – where you'll be able to explore your relationship with food and identify unhelpful eating habits.

At each weekly group session, you'll explore a different theme around behavioural change and coping strategies – giving you the tools to manage your weight, and ultimately your life, more effectively.

The groups are all based on tried-and-tested counselling techniques and run by fully trained LighterLife Counsellors, who will be with you every step of the way, offering a friendly ear and ongoing support.

'My LighterLife Group helped me to realise that I had low self-esteem and a lack of respect for my mind and body. Now, I know I can lose weight and I'm worth all the effort.'

SAM CHURCH



HOW MUCH?

LighterLife provides you with great choice and flexibility, with Foodpacks from just £1.80 and group support sessions at £15 per week.

'LighterLife's Foodpacks gave me the chance to take a complete break from eating conventional food. They enabled me to assess my relationship with food and start again from scratch. I didn't have to shop for food, count calories or count "sins" like other diets. It was the most effective weight-loss plan I've ever tried.' **MIKE QUINN**

LIGHTERLIFE FOODPACKS

LighterLife offers a range of high-quality, fully nutritious Foodpacks and meal alternatives. Your personal LighterLife programme will consist of either four or three nutritious Foodpacks, depending on whether you're on Total or Lite. If you're on LighterLife Fast, you'll have four Fastpacks two out of seven days per week. On all our programmes, you can choose from a range of meals, soups, shakes and bars.

After you've lost your weight, our unique weight-management plan helps you to reintroduce food in a structured way so you create a healthy, balanced eating plan that works for you.



THE BENEFITS...

IMPROVED HEALTH AND FITNESS

Losing weight can lead to a multitude of health improvements. For example, a very-low-calorie diet or a low-calorie diet have been proven to:

- lower cholesterol levels
- improve blood pressure
- reverse symptoms of type 2 diabetes
- reduce strain on back, knees and muscle joints
- reverse sleep apnea and improve overall sleep
- help with breathing and improve fitness levels.



A HEALTHIER MIND

LighterLife can help you feel better on the inside, too. We encourage you to explore why you've gained weight in the past. We know that it's more than just understanding that lettuce is good for you and chips are bad – it's about digging beneath the surface and understanding why you overeat. Once you do, LighterLife empowers you to form new, healthier habits – so that you can live lighter for life.

LighterLife believes people can change, both inside and out. Yes, if you go back to your old eating habits after weight loss, you'll eventually go back to your old weight. This is why LighterLife is so different to doing another "diet" – it gives you the opportunity to change your mindset, too – so you can maintain a healthy weight.



'LighterLife is a healthy way to lose weight.

I recommend it to all my patients who need to lose weight because it's tried and tested and I know that it works.

'I've been working with LighterLife for almost 10 years, and the number of people who've successfully lost weight and improved their overall health and wellbeing has been staggering.' DR HILARY JONES

SEAN MALYON

GET STARTED

Whether you've a lot or a little to lose, we have a programme for you.

Visit lighterlife.com

Call 0800 2 988 988
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LighterLife®

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