

**DENISE
LOST 2 STONE**

and has kept it
off for 7 years



with  **LighterLife®**

WELCOME TO

YOUR 12 WEEK PLAN TO BETTER HEALTH.

THIS IS THE TIME TO BEGIN YOUR JOURNEY TO BETTER HEALTH AND LOSING WEIGHT.

Get your body into the best possible shape
ready for whatever your future brings.

The LighterLife 12 Week Plan is here to help you lose weight and get your mind and body in tip top condition to set you up for long-term success.

It's for you - whether you have more or less than 3 stone to lose, you don't have to follow it for the whole 12 weeks if you have less weight to lose or could follow it for more than the 12 weeks if you have more to lose, it's up to you.

Our 12-week challenge provides you with a holistic, healthy and effective step-by-step guide, giving you everything you need to start your weight loss journey, lose weight fast and keep it off.



**TINA
LOST
13 STONE**



GETTING STARTED.

WHAT YOU'LL NEED TO SUCCEED:

1. CHOOSE YOUR PLAN AND PURCHASE YOUR FOODPACKS.

Planning is an essential part of the weight-loss journey and can make life considerably easier. Simple things like planning your meals and CBT mindfulness sessions go a long way to support you on your journey. You need to manage your weeks to ensure you make space to create a healthy mind with our CBT mindfulness sessions and to get all the nourishment you need with our tasty Foodpacks.

Lose weight fast with Total:

On our premium plan, Total, your ordinary daily food is replaced with four LighterLife TDR Foodpacks.

Get flexible weight loss with FlexiFasting

FlexiFasting is as flexible as you want it to be. You choose how many Foodpacks you have along with conventional food choices.

Keep the weight off with Management

After you've reached your goal, we have a range of versatile plans to help you maintain your new weight in the long term.

2. FIND YOUR MENTOR.

Enter your post code to find your personal Mentor. Find your Personal Mentor at lighterlife.com.

Take advantage of our weekly CBT mindfulness sessions to shed light on your eating behaviours and the reasons behind it, with help from your expert LighterLife Mentor. Our unique mindfulness approach goes beyond what you put in your mouth and explores how your thinking affects your eating behaviour.

3. CHOOSE YOUR ONGOING SUPPORT.

The more support you get, and the more you plan, the better! Having support and encouragement makes a huge difference for your success. Set up a network of supportive family, friends and colleagues or some people to update on how you're getting on. Let them know just how important your weight-management journey is to you, and how much you value their encouragement and support. If you're not already signed up, join our Client Support Group on Facebook, which is the place to be for inspiration, help and cheers from your fellow LighterLifers ensuring you have support available 24/7.

YOUR COMMITMENT.

Write down all the reasons why you want to lose weight and keep referring back to them.

Seeing it here will be a great reminder of your resolve to succeed. We've included some "ground rules" our experience shows which people find helpful when they start the LighterLife Programme, and there's space for you to write your own personal commitments and goals, too.

I commit to:

- Getting Mentor support
- Attending my CBT mindfulness sessions regularly, being on time and keeping group confidentiality, so what is shared in my group stays in my group.
- Joining LighterLife Management after losing weight to give myself the best chance of keeping the weight off in the long term.
- Setting my goals and sticking to them.

IN 12 WEEKS I COMMIT TO:

YOUR PLAN.

The Total VLCD (very low calorie diet) plan is our premium plan, enabling you to lose a stone a month with 4 of our tasty, nutritious Foodpacks each day.

What you have each day.

- 4 Foodpacks – any combination which can include a maximum of 1 meal-replacement a day (this is because our meal-replacements are slightly higher in carbs and Calories than our other Foodpacks).
- Water – tap water, still or sparkling mineral water, and soda water
- Unlimited LighterLife Drink Mixes – refreshing, sugar-free and in 3 zingy flavours: Fruits of the Forest, Pink Grapefruit and Sunrise Orange
- Unlimited black coffee (any non-flavoured type) and black tea (only from the leaf e.g. breakfast tea, peppermint tea, green tea, Earl Grey)
- Unlimited LighterLife Savoury Broth – a hearty, warming drink for any time of day
- Condiments – salt, pepper, red Tabasco sauce, tablet sweeteners, any type of stevia sweeteners
- LighterLife extras – Fibre Mix, Mousse Mix, Raspberry Jelly, Popped Chips

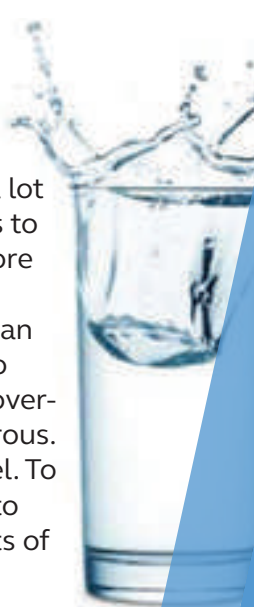
You're getting all this for 600-800 kcal, and it's simply impossible to get this much nutrition from 600-800 kcal of ordinary food. Independent expert research has found that ordinary food diets below 1000 kcal are incapable of supplying all the vitamins and minerals required for good health on a daily basis.

Everything else is off limits, including:

- No other food – not even a slice of lemon in your water
- No alcohol
- No herbal teas made from fruit (only from the leaf)
- No other drinks – that means no diet drinks or shop-bought flavoured water
- No chewing gum
- No spoonable sweeteners (except for stevia sweeteners)

Stay well hydrated

Conventional food contains quite a lot of water, so when you're eating less to lose weight, you'll need to drink more to make up the difference. Drink to thirst to stay comfortable – a glass an hour is a good guide. Never drink to excess in a short space of time, as over-hydration can be extremely dangerous. Think of your body as a water wheel. To keep it running smoothly, it needs to be fed regularly with small amounts of fluid throughout the day.



Example of what your meal plan would look like:

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	EXTRAS
MONDAY	Chocolate Shake	Nut Fudge Bar	Thai FastPot	Spaghetti Bolognese	Sunrise Orange Drink Mix
TUESDAY	Porridge	Toffee Bar	Vegetable Soup	Shepherd's Pie	Raspberry Jelly + Popped Chips
WEDNESDAY	Vanilla Shake	Vegetable Soup	Chicken FastPot	Chocolate Mug Cake	Pink Grapefruit Drink Mix
THURSDAY	Blueberry Pancakes	Chocolate Raisin Bar	Sweet Potato & Carrot Soup	Chocolate Shake	Savoury Broth
FRIDAY	Porridge	Vegetable Soup	Pasta Carbonara	Crispy Peanut Bar	Fruits of the Forest Drink Mix
SATURDAY	Strawberry Shake	Nut Fudge Bar	Chicken FastPot	Chai Latte Shake	Savoury Broth + Popped Chips
SUNDAY	Mango & Passion Fruit Shake	Crispy Peanut Bar	Chicken & Sweetcorn Soup	Superfood Green Soup	Raspberry Jelly

CBT MINDFULNESS SESSIONS.

LighterLife CBT mindfulness sessions are where the magic happens. You get to work with like-minded people and explore the reasons why you reach for food and then beat yourself up for eating it. To lose weight and keep it off, you need to go beyond food. You need to find and change the “why” of why you overeat. This is what you do with LighterLife.

IT'S LIFE-CHANGING STUFF.

Decide how you are going to access your CBT mindfulness support:

1. Personal Mentor Support: We are offering all clients the amazing opportunity to join a weekly Meeting with your personal Mentor.
2. Facebook live: Weekly CBT mindfulness group sessions delivered over Facebook.
3. Telephone Counselling: Weekly hourly long telephone sessions by your LighterLife Counsellor.

SUPPORT.

The more support you get, and the more you plan, the better! With LighterLife you've got a ready-made support network in your group, Counsellor, Mentor and the LighterLife team, plus loads of online support.

- Log in to our members' area at lighterlife.com, it is packed with useful stuff, and you can record your weight and measurements here too.
- Find us on Facebook, Instagram, Twitter, YouTube and Pinterest to post your selfies, showcase your weight loss, get advice and tips, and focus on your lighter life.
- If you're not already signed up, join our LighterLife Official Client Support Group on Facebook, which is the place to be for inspiration, help and cheers from our amazing members.
- Or visit lighterlife.com and follow the links to get great support, tips and advice 24/7.



MOVING MORE.

Being more active isn't about weight loss: it's all about health

Is it true that exercise is the key to weight loss? No, it's not. It's actually an amazingly ineffective way of losing weight. It takes a huge amount of effort to burn off significant amounts of fat. You'd have to walk 35 miles to lose 1lb of fat, and almost 500 miles to lose a stone of fat. Most obese people simply can't exercise enough to make a dent on their weight.

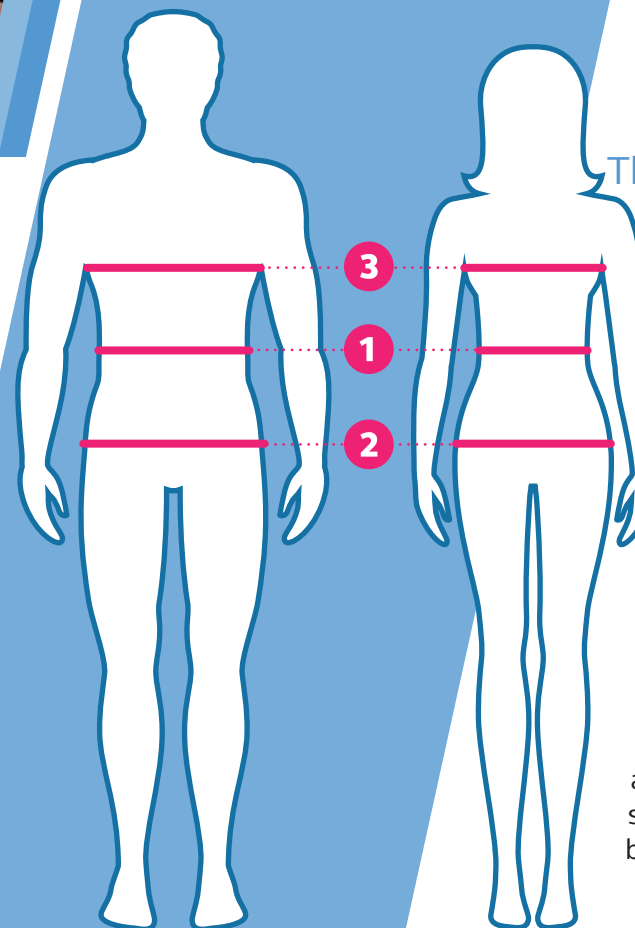
So why do it? Because it's great for your health and wellbeing. Exercise benefits your entire body, from your brain to your big toe, from your sleep to your va-va voom. It improves your mobility, builds and strengthens muscles and bones, and there is plenty of research showing it's one of the best things you can do to manage your weight loss in the long term, too. So that's why we're keen for you to get moving more!

One very simple and safe way to get fitter is to start walking more. The British Heart Foundation recommends 10,000 steps a day; the UK average is 4,000. So commit to being better than average, and get walking! Build up from your current walking habits, and you'll soon be feeling fitter.



MY CHALLENGE WEIGHT TRACKER.

The next page has a chart for you to keep track of your weight loss, here are some key areas:



1 Waist

Measure the circumference on your midsection, just above your navel.

2 Hip

Measure the circumference at or under your hip bones, at the largest point, with your feet together, while relaxing your stance.

3 Chest & Bust

Measure the circumference around your chest or bust and your back, at the end of an exhale. Measure tape should be under the armpits, around your shoulder blades, and close to the nipple line.

MY CHALLENGE WEIGHT TRACKER.

Use this sheet to take measurements at the end of every week. Measurements must be taken at the same time of day. Remember to take your weekly progress pictures, you'll be proud to look back at them.

	HIPS	WAIST	CHEST & BUST	WEIGHT	WEIGHT LOST	PROGRESS PHOTO	HAPPY/ SAD
START					N/A		😊
WEEK 1							😊
WEEK 2							😊
WEEK 3							😊
WEEK 4							😊
WEEK 5							😊
WEEK 6							😊
WEEK 7							😊
WEEK 8							😊
WEEK 9							😊
WEEK 10							😊
WEEK 11							😊
WEEK 12							😊
TOTAL							😊

MY LIGHTERLIFE MEAL PLAN.

Planning is an essential part of the weight-loss journey and can make life considerably easier. Use this meal plan to plan your meals for the week.

	MEAL 1	MEAL 2	MEAL 3	MEAL 4		EXTRAS
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

FAILING
TO PLAN IS
PLANNING
TO FAIL

Weekly reflection:

Continuously check in with yourself and reflect upon your journey and what you've learned along the way.

Here are some questions to help you:

- What am I finding useful? What were my achievements (large and small victories)?
- Am I satisfied with the way I managed?
- How did I manage my hurdles this week?
- What can I do differently?
- How do I feel about my progress?

“A LITTLE PROGRESS
EACH DAY ADDS UP
TO BIG RESULTS!”

MY WEEKLY REFLECTION:

END OF WEEK 12.

STARTING WEIGHT	WEIGHT	TOTAL WEIGHT LOST

What's was the best thing about the past 12 weeks?

What would you say to someone thinking of joining LighterLife?

What have you learned about your eating behaviour while you were losing weight with LighterLife?

What can you do now that you couldn't do before you lost weight?

What have/will you change/d to keep off the weight?

LIFE AFTER THE 12 WEEK CHALLENGE.

Well done on completing the 12-week LighterLife Challenge!

What comes next?

1. If you've still got weight to lose: keep going!
2. When you've reached your goal: Make sure your lost weight stays lost with our Management plan, and now it is time to maintain. Get in touch with your Mentor or our friendly customer service team who'll gladly assist you.
3. Plans for Christmas
Keep an eye out for communication as we share our top tips to stay on track throughout the Christmas period.

IF YOU CHANGE NOTHING, NOTHING WILL HAVE CHANGED



ZOE
LOST
5 STONE

Why not share your success story?

Please share your success by sending us a few before and after photos along with details about who you are and how much weight you've lost. We love hearing about your success and would love to share with others to inspire them to lose weight.

Please send this to mystory@lighterlife.com.

YOUR BMI.

Body mass index (BMI) uses your height and your weight to work out if you are a healthy weight or not. The higher your BMI, the greater your health risks.

The good news is that with LighterLife Total, you can lose a stone a month – on average that is 3 BMI points down each month.

Benefits of a lower BMI are:

- Reduced risk of Covid-19
- Decreased risk of Type 2 diabetes.
- Improved blood sugar levels
- Lowered blood pressure.
- Improved cholesterol levels.
- Decreased risk of heart disease.
- Decreased risk of certain cancers.
- Improved mobility.
- Decreased joint pain.

