

Your LighterLife Lite Programme Journey

WEIGHT LOSS

Aim: Lose weight

Duration: Week-by-week until reach target weight

Programme: 3 Foodpacks per day plus one meal

Meetings: Weekly, 1.5 hours. Group re-opens for new clients once a month.

What I will get out of it:
Lose up to average 1 stone a month & identify triggers, habits, situations, thoughts and feelings that have lead to weight gain

ROUTE TO MANAGEMENT

Aim: Reintroduce food

Duration: 4 weeks

Programme: Mix of foodpacks & conventional food

Meetings: Weekly, 1 ½ hours

What I will get out of it:
Start to apply lessons from Weight Loss phase, manage portion size, planning & problem solving as you return to food. Continue to learn about yourself and how you use food

MANAGEMENT

Aim: Manage weight

Duration: ongoing

Programme: Conventional food + optional foodpacks

Meetings: Monthly, 1 ½ hours

What I will get out of it:
Ongoing support for your journey whilst mastering managing your weight through all the yearly rituals e.g. Xmas, birthdays, holidays. Help you maintain focus long-term.

Route to Management & Management are fundamental to ensuring your weight stays off long term
Please do factor them into your LighterLife journey!