

Your LighterLife Total Programme Journey

FOUNDATION

Aim: Lose weight

Duration: 14 weeks for women. 8 weeks for men

Programme: Abstinence

Meetings: Weekly, 1.5 hours, closed groups for women.

What I will get out of it:
Lose on average 1 to 1 ½ stone a month & identify triggers, habits, situations, thoughts and feelings that have lead to weight gain

DEVELOPMENT

Aim: Lose weight

Duration: Week-by-week until reach target weight

Programme: Abstinence

Meetings: Weekly, 1 ½ hours

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

ROUTE TO MANAGEMENT

Aim: Reintroduce food

Duration: 12 weeks

Programme: Mix of foodpacks & conventional food

Meetings: Weekly, 1 ½ hours

What I will get out of it:
Start to apply lessons from Foundation, 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!