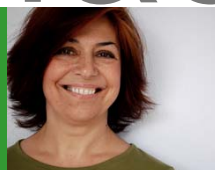


## Distance Dieters Face 2 Face!

Call 0845 533 53 02 for your free 15-minute consultation



**All the weight loss and exercise benefits of Distance Dieters designed for those who prefer a face-to-face consultation or who want to add regular personal training sessions to their programme.**

Have you felt those extra pounds gradually creep on in recent years? Are you feeling more than just a little uncomfortable? Are your clothes a little tighter? Do you get a little out of breath when you run up the stairs?

Maybe it's even becoming a challenge to tie your shoe laces, or pull on your socks or tights?

However active we've been in the past, we all get to the point where what we've always done to manage our weight just doesn't work quite as well anymore. The good news is that "middle age spread" isn't inevitable. And "food on the go" can be healthy food, whatever your age, lifestyle or work pattern.

So, would you like to lose the extra fat and feel better about yourself?

Maybe you've already bought several diet books or cut down your food intake, but none of it has really worked for you.

### How can Distance Dieters help you?

Distance Dieters Face 2 Face makes it easy for you to lose weight, with a tailor-made programme especially for you. Together, we plan your weight loss and fitness journey, and, if you wish, I can support you with one-to-one personal training. You keep a food diary, to give me an accurate picture of your current diet, and from this we make the necessary changes, ensuring your programme suits your lifestyle.

I also devise an exercise programme that meets your needs – again, don't worry, this is tailor-made just for you. So whether you're sitting around a lot or are a more active sports person, your programme will be appropriate for you.

Distance Dieters Face 2 Face makes it easy for you to succeed and reach your target weight, follow your own bespoke programme and achieve your goals with the back up of expert help and advice.

### Why Distance Dieters works

1. **These programmes are about healthy eating, how to choose the foods that will give you energy yet get you to your desired weight without feeling hungry**
2. **In fact, the optimum eating pattern is three meals a day and two snacks**
3. **You learn about what different foods do to your body and how they contribute to weight gain or weight loss**
4. **You learn how to lose body fat, reach your target weight, and maintain it with ease**
5. **There are no faddy or complicated recipes to follow and no calorie counting**
6. **Because you manage your blood sugar levels throughout the day, you no longer feel the urge to snack on unhealthy sugary foods**
7. **As you start making changes to the foods you eat, your body starts to naturally desire those foods that are good for you, making it easier and easier to eat healthily**
8. **You create a healthy eating and fitness pattern that becomes effortless and fits easily with your family, work and social life**
9. **Feelings of guilt, discomfort, dissatisfaction and frustration are things of the past**
10. **Your new eating habits become a way of life, you enjoy your food, understand how your body works, and can easily maintain your desired weight for life**



## About the programme

There are two Face 2 Face packages with consultations taking place at Anna's premises near Stratford-upon-Avon.

The **standard package** gives you all the knowledge you need to take control of your eating and exercise straightaway plus a personal consultation and a food plan and an exercise plan tailored specifically for you and your lifestyle.

**Your investment: £249**

The **deluxe 6-week package** gives you all the benefits of the standard package with ongoing, personal training for 6 weeks.

**Your investment: £549**



## The standard package

### Step one

We have an initial 10 minute telephone conversation when we discuss your goals and book your two-hour face-to-face consultation. I will ask you to keep a food diary (a record of all you eat and drink) and an exercise diary for one week which you then email to me.

### Step two

During your two-hour consultation we assess your food diary and your current exercise regime and together we work out a weight loss and exercise plan that suits your lifestyle. We record your measurements and Body Mass Index and set your weight loss and exercise goals and timescale.

- ✓ Two-hour face-to-face consultation
  - ✓ Food diary feedback
  - ✓ Bespoke food plan
  - ✓ Bespoke exercise plan
- ✓ Unlimited email support for 2 weeks

## The deluxe 6-week package

The deluxe package is aimed at people who want to take their healthy eating and exercise plan one stage further and personally train with me over a period of 6 weeks.

You will get a full personal training session each time, to a standard that suits you – from couch potato to tri-athlete.

This is a short sharp hit that will shift your weight and get you moving. Depending on where you are now, this could represent a good kick start or even get you to fully realising your goals by the end of the 6 weeks. This is the package that has my personal one-to-one attention for an hour a week.

### To get started

We have an initial 10 minute telephone conversation when we discuss your goals and book your 6 one-hour face-to-face personal training consultations. I will ask you to keep a food diary and exercise diary.

You have unlimited email back up and support throughout the 6 week programme.

### Week 1

- ✓ Two-hour face-to-face food and exercise consultation, including exercise to suit you, your lifestyle and your level of fitness.
- ✓ Assess your food diary and your current exercise regime and make the necessary changes
- ✓ Record your measurements and Body Mass Index
- ✓ Set your weight loss and exercise goals for the coming week and agree your exercise “homework”

### Weeks 2 to 5

- ✓ One-hour face-to-face session
- ✓ Assess food and exercise diary
  - ✓ Take measurements
  - ✓ Personal training session
- ✓ Set weight and exercise goals for the coming week

### Week 6

- ✓ As weeks 2-5
- ✓ Set your future goals

## Results that last

Just imagine.....You have achieved your weight loss goal. You feel fitter and leaner. You look great, people are noticing and you can fit comfortably into your clothes - and the top button does up easily. Your tummy has lost its wobble and no longer even threatens to spill over your waistband. There may still be work to do but, my goodness, what an improvement. Not only are you looking and feeling good but you also have the peace of mind that looking after your health brings. By eating the right foods you are addressing your body fat percentage, your blood pressure and cholesterol levels. You are looking after yourself and setting out on the road to a longer, healthier life.

“Anna gave me practical advice on diet and monitored me by means of a food diary and weekly weigh-in. There are no calories or units to count, thank goodness, but it's a sensible and simple diet. And, yes, I still drink alcohol. Anna gave me a specific exercise programme, based on my needs. Previously unknown muscles were identified, challenged and not allowed to surrender. Now I am a stone lighter, there are toned areas and even muscles too!” MK, Warwickshire

“Despite being a member of various gyms for the last 10 years I had never managed to achieve the level of fitness I had aspired to. I thought I was working quite hard, however it wasn't until I started my programme with Anna that I realised my previous efforts were nowhere near what I could achieve with some motivation. I have improved my diet and reduced my alcohol intake. An improved diet along with more intense training resulted in reducing my body fat from 23% to 20% in 6 weeks.” SW, Coventry

“I am now very happy to say I have lost 21lbs and dropped 2 dress sizes. I can now fit back into clothes that have been in my wardrobe for 3 - 4 years. I always promised myself I would lose weight so I could never throw them away. Anna has the ability to make you do that bit more or lift that bigger weight, and she always manages to make the sessions good fun.” AJ, Evesham

Our Face 2 Face format and unlimited email access means you can ask questions and clarify anything you are unsure of at any time — and once you have completed your programme, you have the option of continued support through one of our maintenance packages.

## Ten Top Tips

1. **Reducing sugar in your diet, whether in processed or unprocessed foods, helps your body burn fat.**
2. **‘Stoke your engine’, raise your metabolism with foods that give you energy but don't put on weight.**
3. **Lose weight by eating ‘real food’ and avoid all processed foods that give you a sugar rush.**
4. **Did you know that you must eat plenty of food to lose weight? If you crash diet, your metabolism slows down thereby actually hindering weight loss.**
5. **Many people believe that eating bananas gives you energy and helps you lose weight. Bananas certainly give you energy because of the sugar they contain, however they do not necessarily help you lose weight.**
6. **When you lose weight and eat well you will find your cravings naturally disappear.**
7. **By eating well and reducing your alcohol you will have an improved night's sleep.**
8. **Your diet must include fatty acids, they are essential for cell regeneration, maintaining concentration levels and brain function, and hormonal balance and can help maintain a healthy heart.**
9. **Exercise alone is not enough to lose weight, dietary changes must be made in order to achieve your weight loss goal.**
10. **Drinking plenty of water helps your body work at its optimum level of efficiency and aids fat loss.**

