

Distance Dieters Continuation

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



A follow-on programme by email and telephone for those who still have a little more to lose and want to continue their weekly check-in sessions

You've reached the end of your 8-week deluxe Distance Dieters programme and want to continue losing weight.

You now know all the healthy weight loss principles and are experienced at putting it all into practice And yet you know that the weekly check-ins kept you focused and on track And it was so easy and even comforting to have someone on hand, to be able to ask questions and be assured of effective and common sense guidance when you needed it.



Also life changes and evolves and we must deal with new situations all the time.

You may be thinking How will I keep it going? How will I deal with holidays, family get togethers, aeroplane food, business lunches, Christmas And continue to lose weight? I am going on a two week holiday, how can I enjoy myself without piling on the pounds?

And as the seasons and the daylight hours change, new foods come into the shops, and holidays come and go it can be good to know there is support at hand to help you keep on track and reach your ultimate weight loss goal.

How the 8-week continuation programme works

Essentially you simply continue your Deluxe Distance Dieters package for a further 8 weeks:

Email check-in every week and 15-minute telephone conversation every other week.

- ✓ Email your food/exercise diary and weight
- ✓ Receive feedback
- ✓ Set your weight loss and exercise goals for the following week

Plus you have unlimited email back up and support throughout the 8 week programme.

Your investment: £199

“The support is the most important aspect, to know that someone is able to provide useful help, tips and guidance has been a godsend, with feedback from weekly food diaries you get a gentle nudge in the right direction which has allowed me to meet and then exceed my weight target, and has given me the lifestyle framework to be able to maintain my weight going forwards. Many thanks to Anna.”

By continuing your Distance Dieters programme for a further 8 weeks you will be able to manage any situation that may arise and will never feel alone.

