

Distance Dieters Weight Gain

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



The healthy way to gain weight and body shape by telephone with unlimited email back up or face-to-face. The ideal way to reach your desired weight and stay there.

You may have a high metabolic rate and rapidly burn up the energy you put into your body or you may be recuperating from an illness and attempting to regain your normal body weight.

It is important to gain weight in a healthy way by regularly eating wholesome, nutritious foods containing good quality calories designed to build body weight with muscle and bone density.

This healthy weight gain plan is tailor-made for you and is designed to slip seamlessly into your lifestyle. There are no faddy foods, no weight gain supplements, no complicated recipes, simply a weight gain plan built around your individual needs and requirements.

To help build an improved body shape, increase stamina, prevent osteoporosis and other diseases an exercise programme that fits with your lifestyle is recommended. So whether you enjoy exercise or are exercise shy, together we will create an exercise programme that is beneficial and fits in with you.

You may be spending your life attempting to eat enough calories to maintain your existing body weight and energy, eating anything you like. This does not necessarily lead to a healthy, balanced diet and is possibly building problems for the future including unwanted, uneven weight gain - often around the chest and stomach area.

In turn, this can be building potential health problems such as increased risk of heart attack. This may sound dreadful, however, very slim people can sometimes be at risk of heart attack because they eat the wrong things such as foods high in saturated fats. Their fat does not show on the outside as it does with everyone else but it collects around the body's vital organs. When someone develops a paunch this is when the fat is collected around the heart and their risk of heart disease is markedly increased.



Why Distance Dieters works

1. **These programmes work because you will be eating healthy, wholesome, nutritious foods that will help you gain body weight and lean muscle tissue without laying down unhealthy fat**
2. **You will be eating healthy energy boosting foods that will see you right through the day. Energy can be something that's lacking with people with a fast metabolism and, obviously, people who are recovering and recuperating.**
3. **There are no processed supplements to take to enhance your energy and weight gain, just simple, good food**
4. **Your bespoke weight gain and fitness programme is tailor-made for you and fits easily into your lifestyle**
5. **There is no faddy weight gain programme, no complicated recipes and no calorie counting**
6. **You will learn about the right foods for you to eat to achieve your weight gain goal**
7. **You will learn how to gain body shape and definition – this is not about “bulking up” rather becoming toned and supple**
8. **You will learn to eat regular well balanced meals and snacks that will ensure healthy weight gain**
9. **You will learn to manage your blood sugar throughout the day and maintain your energy levels**
10. **Your new eating habits become a way of life and you learn how to maintain your new body weight for life**

By telephone and email

There are two **Distance Dieters** packages:

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: £199

The **deluxe 8-week package** gives you all the benefits of the standard package with ongoing, personal support and coaching for 8 weeks to help you stay on track and answer any questions or uncertainties you may have as you put your plans into action.

Your investment: £299



The standard package

Step one

We have an initial 10 minute telephone conversation when we discuss your goals and book your one-hour telephone 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

We assess your food diary and your current exercise regime and together we work out a weight gain and exercise plan that's suits your lifestyle. We record your measurements and Body Mass Index and set your weight gain and exercise goals and timescale.

- ✓ One-to-one telephone consultation
 - ✓ Food diary feedback
 - ✓ Bespoke food plan
 - ✓ Bespoke exercise plan
- ✓ Unlimited email support for 2 weeks

The deluxe 8-week package

We have an initial 10 minute telephone conversation when we discuss your goals and I will ask you to keep a food diary and exercise diary.

Week 1

1 hour telephone conversation. We assess your food diary and your current exercise regime and make the necessary changes. We record your measurements and Body Mass Index and set your weight gain and exercise goals for the coming week. We book your future telephone calls into the diary. You have unlimited email back up and support throughout the 8 week programme.

Week 2

- ✓ Email your food/exercise diary and weight
 - ✓ 15 minute telephone conversation
- ✓ Set your weight gain and exercise goals for week 3

Week 3

- ✓ Email your food/exercise diary and weight
 - ✓ Receive email feedback
- ✓ Set your weight gain and exercise goals for week 4

Week 4

- ✓ Email your food/exercise diary and weight
- ✓ Email measurements, receive updated Body Mass Index
 - ✓ 15 minute telephone conversation
- ✓ Set weight gain and exercise goals for week 5

Week 5

- ✓ Email your food/exercise diary and weight
 - ✓ Receive email feedback
- ✓ Set your weight gain and exercise goals for week 6

Week 6

- ✓ Email your food/exercise diary and weight
 - ✓ 15 minute telephone conversation
- ✓ Set your weight gain and exercise goals for week 7

Week 7

- ✓ Email your food/exercise diary and weight
 - ✓ Receive email feedback
- ✓ Set your weight gain and exercise goals for week 8

Week 8

- ✓ Email your food/exercise diary and weight
- ✓ Email measurements, receive updated Body Mass Index
 - ✓ 15 minute telephone conversation
 - ✓ Set your future goals

Face 2 Face

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 gain and exercise plan that suits your lifestyle. We record your measurements and Body Mass Index and set your weight gain 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 gain 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 ideal weight. You feel fitter and leaner. You look great, people are noticing and you love how well your clothes fit. 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.

Benefits most often mentioned

- ✓ Looking and feeling far more attractive with an improved body shape and greater muscle tone
- ✓ Having greater energy and staying power
- ✓ For men, feeling better about their shape and therefore their masculinity - no longer feeling a “push over”
- ✓ For women, it's also all about shape. Feeling toned and attractive, not too thin, not too fat, having a good shape and easily able to buy clothes from the high street that they love wearing
- ✓ Greatly improved body confidence and self esteem

Whether you choose to work by telephone and email or face-to-face, I will be by your side to guide you on your healthy weight gain and exercise journey. An our unlimited email access means you can ask questions and clarify anything you are unsure of at any time. Once you have completed your programme, you have the option of continued support through one of our maintenance packages.

5 common weight gain myths

- **Eating high fat foods will help you gain healthy body weight**
- **Eating three meals and two snacks per day is all you need to help gain body weight**
- **You require dietary supplements to help you gain body weight and bulk out**
- **You can eat anything you like because you are slim and “slim” means healthy**
- **An exercise programme will not help you gain the body shape you desire**

What you will experience

1. **This programme is about healthy eating, how to choose foods that will help you gain weight and give you energy without the need for supplements**
2. **You will discover your optimum eating pattern - is it three meals a day and two snacks or three meals a day and four snacks? Together we will decide.**
3. **You learn what different foods do to your body and how they contribute to weight gain or weight loss**
4. **You learn how to gain body fat and lean muscle mass, reach your target weight and maintain it with ease**
5. **There are no faddy or complicated recipes to follow, no calorie counting and no dietary supplements**
6. **Because you learn what different foods do to your body you make healthy food choices that help you gain and maintain your weight. You no longer snack on unhealthy, high fat, high sugar 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 embarrassment, 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.**

