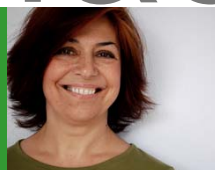


## Distance Dieters Weight Maintenance

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



**Easy to use ongoing support programmes by email and telephone to help you maintain your ideal weight and ensure you don't put those extra pounds back on over time.**

Losing weight is easy and keeping it off is easy - that's the reality.

The perception can be somewhat different. Weight loss is often considered to be a difficult and time consuming undertaking and maintaining that weight loss is thought to be a minefield.



How will I keep it off? How will I know what to eat? Which foods do I avoid? How can I eat out and not gain weight? I am going on a two week holiday, how can I enjoy myself without piling on the pounds?

During your original Distance Dieters standard or deluxe programme you will have already discovered the answers to all of these questions and during our time together you will have become knowledgeable about food and how your body deals with it. Therefore, you will be more easily able to manage your weight going forward.

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

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 always support at hand to help you maintain your weight loss — you need never be alone.

## Why a Distance Dieters weight maintenance programme works

1. It is reassuring to have the back up and support of a maintenance programme, to be able to ask all the questions you may have as life progresses
2. Checking in with an expert from time to time makes all the difference to your motivation
3. You learn that maintaining your body weight is easy
4. You learn how to manage situations you may not yet have experienced and not gain weight - business trips abroad, client entertaining, family celebrations and holidays, Christmas.....
5. You learn how to 'let go' with food and manage this to fit your lifestyle
6. You learn how to eat on holiday without piling on the pounds
7. Working with an expert, you discover your own bespoke long term weight maintenance and exercise plan
8. You will learn how to continually make healthier food choices that won't show on the scales
9. You will never have to worry about gaining excess body weight again
10. You take total control of your weight now and forever



## About the programme

Our maintenance programme provides all the back up you need in the months ahead, ensuring you can eat out, go on holiday and enjoy life without gaining extra weight.

In fact you will be able to manage any situation that may arise. Anything that may come up that you didn't get a chance to ask about during your main Distance Dieters programme.

It helps to talk to an expert, to check in from time to time. It helps to discuss first hand how you will maintain your new body weight.

How you will deal with dinners out, holidays, family get togethers, aeroplane food, business lunches, Christmas ..... without gaining weight.



It helps for you to understand how to eat in a realistic way, row the boat out on occasion and drink alcohol and remain the same body weight. You will see this is possible and you will learn how to do this for yourself.

Our maintenance programme is for anyone who fears regaining the pounds and wants support and back up to ensure this does not become the case.

There is much written in the media about diets not working and individuals soon regaining all the unwanted body weight.

This is certainly true of faddy diets because they do not provide the re-education necessary to keep the weight off.

With a balanced nutritious diet plan and re-education it is easy to keep the weight off.

**There are two Distance Dieters Weight Maintenance packages that align with our main weight loss and weight gain programmes, whether you originally worked by telephone or face-to-face.**

### The six-month standard package

The **standard package** is available to anyone who has completed a Distance Dieters or Face 2 Face **standard** programme.

It gives you **six months** of unlimited email contact to ask any questions or get any feedback you wish.

**Your investment: £59**

### The six-month deluxe package

The **deluxe package** is available to anyone who has completed a Distance Dieters or Face 2 Face **deluxe** programme.

It gives you **six months** of unlimited email contact to ask any questions or get any feedback you wish.

Plus email your weight and measurements to me each month and have a 15-minute check-in telephone call.

**Your investment: £149**

