



weightmatters
change the way you feel about your body

Weight Loss

Weight Loss is simple when you know how to balance the different factors that will create it. Life can make you lose your footing and you may lose weight, and regain it, many times in your life. We will help you successfully lose weight, and maintain it. We will help you balance the areas of diet, activity and psychology, which will continuously ebb and flow as you move through the changes brought on by life, ageing and your health.

Everyone wants to lose weight fast, despite the fact that weight gain usually develops over longer periods of time. You may feel pressure to lose weight from others, by the way you compare yourself against others, due to a health risk or simply because you feel fat. Your reasons for losing weight are personal to you, and totally valid, and we will help you find the inner motivation that will make the WeightMatters approach work.

We are the project manager of your weight loss. We are able to see the 'big picture' of the maintaining factors that keep you overweight, and what actions need to be taken, weekly, to produce lasting weight loss.

We don't do diets, and we don't believe in making food a punishment. We do believe food is medicine. We do believe in moving harder, longer and more often. We do believe that food is something social that needs to be enjoyed.

If you want to **lose upto 5Kg/11lb of weight a month healthily**, and in a way that your metabolism is changed into a fat-burning machine, then we can help. We will explain the science behind the actions we are asking you to take, so that you understand how food will make you feel and how it can help you to lose weight.

HEALTHY EATING: We will show you what to eat, how much and when. We will explain what is happening inside your body when you eat certain foods and how this will either promote weight loss or weight gain. We will work with your likes and dislikes around food to create multiple meal options throughout the day, that work for your lifestyle. We will guide you to understand the portion size that is right for you at different times of the day. Your new eating plan will be personal to you.

PSYCHOLOGY: Change can be a difficult thing sometimes, and we will teach you how to break habits and change your behaviours around food. You will have certain triggers in your life that make you eat a certain way, and we will help you identify them and choose alternative ways to think and behave. You may also feel very low inside and be very judgemental about your body image. We can help you build a stronger self-esteem and self-confidence, and build a new healthier relationship with your body.

ACTIVITY: You may dislike exercise, not have any time or just have no idea what to do and how to start. Whatever your level of fitness, and whatever your lifestyle, we will adapt our principles of exercise and activity so that they work for you. At home, in the park, at a class or in a gym we will guide you through the steps that will make your metabolism soar and allow weight loss to be permanent.

Effective weight loss is simple with WeightMatters, because that is what we specialise in. We will provide the template for your weight loss and motivate you every step of the way, so that you become an expert at managing your own weight. Pick up the phone and take the first step to changing the way you feel about your body. Call us on 020 7499 8922.