

body



Weight Watchers

Weight Watchers advocates a healthy lifestyle, offering flexible food plans and group support as well as encouraging an increase in activity. Weight Watchers meetings are run by a leader who has followed Weight Watchers successfully meaning they can give real advice about achieving your goals. The Weight Watchers Switch™ programme offers two food plans. The first is the well known flexible POINTS® plan where all foods have a POINTS value and a member is given a daily POINTS allowance depending on their weight, gender and activity levels. The second food plan is called The Core Plan™. This is based on a definitive list of healthy foods, across all food groups and members eat freely from this list whilst sticking to three meals a day and only snack on fruit and vegetables. Members can switch between the two food plans on a weekly basis, to fit in with their lifestyle.

Who can join?

Weight Watchers came to the UK in 1967 and in that time has welcomed anyone and everyone to its meetings.

Sports Performance
Asthma
Panic Attacks
Hypertension
Sleep Apnoea

Buteyko

Better Breathing means Better Health

What could the Buteyko Method do for me?
Improved sleep quality, increased endurance, better sport performance, higher energy levels, increased stamina, reduced cramp, improved immune system, reduced dehydration, reduction in heart rate, better asthma control, reduced need for medication safely or put simply better health for life from five 90 minute sessions over five days.

For information call: 01580 752852
www.buteykokent.co.uk
Next Course in Tun.Wells 23rd Oct.

It's ideal if you're looking for some structure in your diet as its point system really lets you know where you stand.

What's the cost?

Once guided to a healthy weight members can continue to attend Weight Watchers as a Gold member for free, if they stay within 5lbs of their goal weight.

How do I join?

Find your nearest meeting at www.weightwatchers.co.uk or call the meeting Call Centre on 0845 712 3000.

Sure Slim

SureSlim takes a more scientific approach to weight loss and clients have a blood test which analyses their cholesterol, liver and kidney functions, thyroid and glucose levels to access their metabolism. These results are used to design an eating plan which corrects glucose metabolism and balances hormone levels so that you can lose weight and improve your health. SureSlim also provides private, one-on-one consultations, where a personal consultant can offer encouragement and advice, monitor progress, and, in consultation with the SureSlim doctor, make any necessary adjustments to your programme. When you have reached your goal weight, the consultant will introduce the Lifestyle Programme that will ensure you maintain your weight loss for life.

Who can join?

Sureslim is open to everyone from the age of 6 upwards and proves most popular with those who haven't succeeded with other weight loss clubs and plans. It would suit those who prefer personal consultations with an advisor to being in a group setting.

What's the cost?

There is a one off fee of between £400 and £500 which can be paid in installments if preferred. This cost covers all the elements of the programme, including blood test, the eating programme and the maintenance plan.

How do I join?

To find out more about the SureSlim clinic in Tunbridge Wells call 01892 528433, or email tunbridge@sureslimuk.com. For all other areas Call 0870 3214014 or visit www.sureslimuk.co.uk Losing