



WEIGHT LOSS PROGRAM

LOSE WEIGHT – LOOK GREAT – FEEL AMAZING



VITALITY PROGRAMS



SUPERHEALTH PROGRAMS



WELLBEING PROGRAMS



FAST TRACK PROGRAMS

ON THIS UNIQUE, ZEST4LIFE PROGRAMME, YOU WILL:

LEARN HOW TO LOSE WEIGHT INTELLIGENTLY
 BOOST MOOD THROUGH DIET
 FOLLOW THE BEST EATING PLAN TO TAKE YEARS OFF YOUR LOOKS
 OVERCOME EMOTIONAL AND BOREDOM EATING

ZEST4LIFE PROGRAMMES ARE FUN, EDUCATIONAL AND GET RESULTS.

100% OF PARTICIPANTS FOLLOWING THE ZEST4LIFE PROCESS ACHIEVE RESULTS
 IN HEALTH IMPROVEMENTS, ENERGY IMPROVEMENTS, WEIGHT LOSS AND CONFIDENCE IN LIFE.

THE UNIQUE ZEST4LIFE MOTIVATIONAL COACHING PROCESS WILL SHOW YOU WHAT STOPS YOU IN YOUR
 LIFE AND HOW TO CREATE A POWERFUL PLAN TO ACHIEVE ANYTHING YOU WANT
 FOR YOURSELF. THIS IS A PROGRAMME FOR PEOPLE WHO ARE SERIOUS ABOUT LOSING WEIGHT, IMPROVING
 HEALTH AND ACHIEVING TOTAL WELLBEING. GIVE US 2 HOURS PER WEEK OF YOUR TIME AND
 WE WILL SHOW YOU A NEW AND BETTER WAY TO LIVE AND LOVE YOUR LIFE.

JOIN A FUN, INSPIRATIONAL GROUP PROGRAMME AND LOSE WEIGHT THE GL WAY, LEARN ABOUT
 HEALTH AND NUTRITION, BOOST YOUR VITALITY AND YOUR MOTIVATION, GET THE INSTANT FEEL GOOD FACTOR
 , BUILD YOUR IMMUNITY, BREAK FREE FROM EMOTIONAL EATING AND MUCH MORE...

THERE ARE SPECIFIC 10 WEEK AND 4 WEEK PROGRAMMES

...AND OPTIONS TO EITHER DO A GENERAL 6, 8, 10 OR 12 WEEK PROGRAMME

10 WEEK GROUP PROGRAMMES

THE VITALITY PROGRAMME
 THE SUPERHEALTH PROGRAMME
 THE WELLBEING PROGRAMME

4 WEEK GROUP PROGRAMMES

THE FAST-TRACK WEIGHT LOSS PROGRAM OR GENTLE DETOX PROGRAM.

GENERAL PROGRAMMES

1:1 HEALTH AND WEIGHT LOSS COACHING
 CHOOSE A 6, 8, 10 OR 12 WEEK PROGRAMME TO SUIT YOUR NEEDS

FOLLOW HEALTH EXPERT, PATRICK HOLFORD'S DELICIOUS LOW GL DIET.
 BALANCE YOUR BLOOD SUGAR, AND TURN YOUR BODY FROM FAT STORING TO FAT BURNING MODE.
 THE WORLD IS WAITING FOR YOU.

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