

LighterLife helping those dreaming of a Lite Christmas



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Press Release Author: **LighterLife**

Industry: [Healthcare](#)

Press Release Summary: LighterLife launches its LighterLife Lite Programme to help those looking for a Lite Christmas



Press Release Body: With the party season fast approaching, thoughts may be turning to fitting into that little black dress or dinner suit. As the office Christmas party beckons and people want to stand out in the crowd then the new **LighterLife Programme** may have the answer.

Launching on 24th November, the new **LighterLife Lite Programme**, is a safe, simple, sustainable weight-loss and weight-management programme for men and women, designed for people with one or more stone to lose (minimum body mass index of 25), and could be just what is needed.

By using the online [BMI calculator](#) as a guide and then following the **LighterLife Lite Programme**, which combines a low-calorie meal plus three nutritionally complete soups, shakes and bars each day, it is possible to lose up to 14lbs by Christmas Eve - the equivalent weight of a turkey for a family of 10.

The **LighterLife Lite Programme** also helps participants to explore the reasons why they overeat and then learn effective ways to deal with their problems, feelings

and difficult situations, without turning to food, through weekly group meetings led by an accredited**LighterLife Weight-Management Counsellor**.

The unique [weight-loss programme](#) and weight-management programme was previously only available to those with three stone or more to lose and with a BMI greater than 29, however due to popular demand, the new **LighterLife Lite Programme** is now being made available to anyone who is one stone or more overweight, with a BMI of 25 or above.

When a healthy weight has been achieved, **Lighterlife** offers a supportive free for life weight management programme to help keep the weight off for good.

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About

LighterLife

LighterLife is a quick [weight loss](#) and weight-management programme for people who are one stone or more overweight and with a body mass index of 25 or above, and who are looking for how to [lose weight](#) in a safe, simple, sustainable way. Over 100,000 people have successfully lost weight with LighterLife since 1996.

The unique LighterLife approach offers programmes specific to the obese and the overweight in the form of nutritionally complete soups, shakes and bars combined with specialised counselling using cognitive behavioural therapy (CBT) and transactional analysis (TA) techniques. Clients benefit not only from rapid, safe weight loss but they also learn the behavioural changes needed to sustain it.

Founded in 1996, the LighterLife Programme was developed by three of its directors - Jackie Cox, Bar Hewlett and Rebecca Hunter.

Web Site: <http://www.lighterlife.com>

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