

LighterLife Launches Listen And Learn Podcast Service



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LighterLife, the industry leading weight loss and weight-management company, has released the first of a series of monthly podcasts, designed to help people learn how to live healthier, lighter lives.

Titled 'Inside LighterLife', this is the place to listen to tips, advice and features on how to [lose weight quickly](#) and safely, as well as interviews with health experts, LighterLife Weight-Management Counsellors and real-life people who have struggled with their weight.

Unscripted, conversational and honest - like a morning TV chat show on the run - the first podcast sees host Susan Spence, a multi-skilled presenter who can also be heard on LBC, Radio Five Live and the Steve Allen Show chatting to Dr Hilary Jones about some pressing weight-related medical questions, talking to LighterLife Weight-Management Counsellor Lindsey Thompson-Wright from Loughton, Essex about the stories behind the [weight loss](#) of some of her clients and meeting with Rachel Drago, an inspirational client who tells why she believes LighterLife literally saved her life.

Rachel Drago hit the headlines a few months ago after losing five stone with LighterLife and losing 10 inches of fat off her breasts allowed her to discover a lump in her breast that was subsequently diagnosed as breast cancer. Plus listeners will be able to hear how 12 overweight men's 52 stone weight loss with LighterLife gave them the confidence to strip naked and bare all to raise money for The Prostate Cancer Charity.

Upcoming episodes of the new [weight loss podcast](#), Inside LighterLife, will include further expert advice from Psychotherapist Annie Wilson who will discuss some of the psychological reasons behind overeating, more inspirational weight-loss stories and advice and encouragement for overweight and obese people to [lose weight](#) and maintain a healthy lifestyle.

Available to download free from iTunes, podcast directories and the LighterLife website, Inside LighterLife gives clients the opportunity to listen to and identify with the experiences of others on the programme. For many clients it will offer a motivational boost and for others it will provide the support they need when they are having a weak moment.

As well as allowing clients to listen and learn more about LighterLife, Inside LighterLife also offers potential clients an inside look into a programme that has helped 150,000 people lose weight and keep it off.

Sara Jamison, CEO, LighterLife commented: "Inside LighterLife is another fantastic additional service that we are offering to both LighterLife clients and all those people out there who have struggled with their weight or who are [losing weight](#) using other methods. Listeners will be able to learn more about LighterLife from the people who have actually lived, breathed and succeeded on it, have their questions answered by the experts and listen to tips and advice that will help them live lighter, happier lives and we can't wait to hear the feedback."

About

LighterLife

LighterLife is an industry leader in weight management, with an established, highly successful approach to significant weight loss and lifetime weight management. Since 1996 LighterLife has helped over 150,000 people all over the UK and Ireland lose weight and keep it off.

Designed specifically for people who are one stone or more overweight and with a body mass index of 25 or above, the unique LighterLife approach offers programmes specific to the obese and the overweight using nutritionally balanced soups, shakes and bars combined with specialised counselling techniques. Clients benefit not only from rapid, safe weight loss but they also learn the behavioural changes needed to sustain it.

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