

LighterLife Men Bare All For Charity



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LighterLife has produced a brand new calendar to help raise money for the Prostate Cancer Charity. The calendar features 12 men who have lost weight with LighterLife baring all for the cameras.

These brave men, from various walks of life had a variety of personal reasons for [losing weight](#) which ranged from being able to keep up their kids and reducing the risk of bad health, through to wanting to apply to become a fireman. What brought these men together was that they all had the same goal; to [lose weight](#) with LighterLife. With their lives changed for the better, they stripped down to not only celebrate their amazing weight loss, but to also raise money and awareness for a charity close to their hearts.

Lee, who posed for the month of January, lost six stone and is now running rings around his young football team. Gary, otherwise known as Mr. February, is six stone lighter and no longer lags behind the rest of his walking group. Lee, or Mr. March, has lost the five stone he put on after being diagnosed with testicular cancer.

Mark, who can be seen in the calendar in April, has a new lease on life and can keep up with his kids after losing four stone. Mike, or Mr. May, is no longer clinically obese and since losing just under three stone, is a faster and more confident water polo player. Five stone lighter, Nuno, or Mr. June, now has the confidence and the [BMI](#) to apply for his dream job as a fireman.

Former yo-yo dieter Phil, who posed for July, lost three stone which has given him the confidence to do what he loves - DJ'ing. Steven, or Mr. August, can now enjoy a full game of football without feeling tired and Rod, who features in September, is now training for a triathlon to help maintain his five stone [weight loss](#).

LighterLife weight-management Counsellor Gina Lennon, who coordinated the men during the calendar photo shoot, said: "I'm delighted to have been involved in this project. There has been a great deal of interest and this has definitely put the fun back into fundraising. The calendar boys have achieved so much - losing such large amounts of weight, maintaining their weight loss, overcoming fears about their body image and baring all to raise money for a very worthwhile charity."

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 fast [weight loss](#) but they also learn the behavioural changes needed to sustain it.

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