

LighterLife Magazine Hits The Shelves



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LighterLife announces the release of the Winter issue of its LighterLife magazine, packed with inspirational features to help dieters start 2010 with a bang.

Featuring real stories and real clients who have lost weight with LighterLife and no airbrushing in sight, the new issue also features stylish fashion trends, practical advice about how to have fun and learn to say no when socialising, discusses some of the serious reasons behind overeating and also offers some saucy insight into sexual fantasies.

Readers can take inspiration from the LighterLife [weight loss success stories](#) featured in this issue, including Julia Smith who now weighs less than she did when she was 11 years old. Julia is literally half the woman she was and since [losing weight](#) has had the confidence to strut her stuff on the front cover. Julia had been overweight since her childhood and had been trapped in a cycle of dieting and putting weight back on until she found LighterLife. After losing 12 stone, Julia is living life to the full and learning how to ride a bike for the first time.

Sally Dicken, Fiona Goodman and Karen Khalfallah talk about how serious medical problems encouraged them to tackle their food issues and go on to lose over 12 stone between them. Sally writes about how getting to a healthy weight has been life changing for her, Fiona discusses how she has much more energy and gone on to meet a new partner after losing weight and Karen talks about two very different company medicals just one year apart.

In addition to providing features and inspiring [weight-loss](#) stories, LighterLife worked with Nina Grunfield, author of The Big Book of Me and The Life Book to put together a 16-page workbook of life-transforming tests, quizzes, analysis and advice to help [LighterLife Magazine](#) readers work out their own personal plans for 2010.

About

LighterLife

LighterLife is a 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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