

Hear Some Of Our Success Stories...



I had no big expectations as me and diet normally equals a big 'fail', instead I met an inspirational, helpful and understanding team who has taught me that I can eat 5 times a day and still lose weight. My eating habits have totally changed, so has the way I view food. I have dropped several clothes sizes and have had to go shopping for a new wardrobe. I am definitely planning to join the next challenge to continue my journey to a slimmer and healthier me. Elizabeth

It is a fantastic programme providing support and motivation. The members of staff are very helpful in guiding us. This is a must try programme

Zara



Since joining Active4Less I have been constantly impressed how friendly and supportive all the staff have been. I have realised that trying to lose weight does not mean being hungry, food is part of our lives, I just need to make the correct choices. For me it is a beginning of a journey to a healthy lifestyles which I am to continue.

Mobila



The support, knowledge and encouragement from the Team at Active4less made my weight loss journey easier - Cynthia



A well structured programme where everyone was trying to lose weight and given encouragement when the going got tough. It's short enough not to lose interest but it's a kick start for a long term goal. I did not win the challenge, but lost weight and was happy with my weight loss. I gained information which I will continue to use in losing further weight. **Sandra**



The weight loss programme has been really helpful because of the effort put in by the trainers by their texts, emails, meetings and training sessions. The programme has made us realize that our eating habits have a big effect on our bodies. It has thought us of changing our eating habits which we have been able to continue after the programme had finished. Ravinder

Learn exactly what these people ate and what specific exercises they used to lose excess body fat and build a lean toned body. We hope these stories will provide you with the motivation to make the changes that will make your life healthier and happier – Join the Weight Loss Challenge Today – To keep it exclusive we are limiting the entries, so don't miss out JOIN TODAY!

