



Keep your weight healthy

The key to reaching your ideal weight and keeping the weight off is to make long-term changes to your diet and lifestyle that you can stick to for life.

You don't need to achieve a healthy weight overnight. Losing even a few kilos can make a huge difference to your health if you're overweight. Set a realistic target & give yourself enough time to work towards your goal.

A safe weight loss is between 1-2lb (0.5-1kg) a week

Logon today at
www.asps.wellbeingzone.co.uk

Or create an account by clicking 'Sign Up' and using the following code.

Organisation Code : **ASPS1**