

Weight Loss Made Simple

Lose weight and re-set your metabolism to keep it off for good

What is Weight Loss Made Simple?

Full Spectrum's Weight Loss Made Simple is a 6 week programme designed to take charge over one of the greatest risk factors to Coronary Heart Disease, Diabetes and some cancers.

Weight Loss Made Simple is not a 'diet', it's a clinically proven, one on one, medical weight loss programme designed to help each participant lose weight safely and reset their metabolism to keep it off for good.

Weight Loss Made Simple is easy to follow and fits in with your busy day. We provide your team with a personal weight loss coach who will guide each member, be a consistent reference point and is committed to their success.

Each team member receives a comprehensive manual and 6 weeks of one on one personal support.

Why Choose Weight Loss Made Simple?

- Lose weight safely and reset each participant's metabolism to keep it off for good
- Reduce a major risk factor for Diabetes and CHD
- One on one support
- Learn how to manage your own weight over the long term

Individualised Solutions

Each participant will be provided with:

- An initial Health Appraisal and Goal Assessment
- A Weight Loss Pack including an Informational Manual, CDs and DVD
- Recipes, Food Tables, Calorie Charts and other useful tools
- 6 Weeks Coaching
- Healthy snacks and supplements are available – more information provided upon expressions of interest



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What does Weight Loss Made Simple Include?

Weight Loss Made Simple is a 6 week supported programme comprising 4 components

1. An Initial Consultation, Medical Health Questionnaire and Goal Assessment
2. A Support and Resource Pack including Weight Loss Manual, Informational CDs, DVD and products
3. 6 Weeks Coaching and Support
4. Snacks and supplements



An Initial Consultation, Medical Health Questionnaire and Goal Assessment

As a component of the Weight Loss Made Simple programme, all participants are required to complete a Health Appraisal and Goal Assessment questionnaire. This questionnaire provides valuable insight regarding the participant's current activity levels, nutrition intake and their goals.

Support and Resource Pack

The Weight Loss Made Simple Support and Resource Pack complements and guides each participant's programme. All resources the participant needs to understand, and successfully progress through the programme, are included.

Coaching and Support

For the duration of the Weight Loss Made Simple, your team will be allocated a coach dedicated to your team's success.



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