

# The Counterweight Programme

The Counterweight Programme helps you to lose 5-10% of your starting body weight and keep it off.

By following the programme you will learn how to change your eating and physical activity habits – for good!

You will be able to access the programme for free.

Stage 1

**Weight Loss**

12 weeks



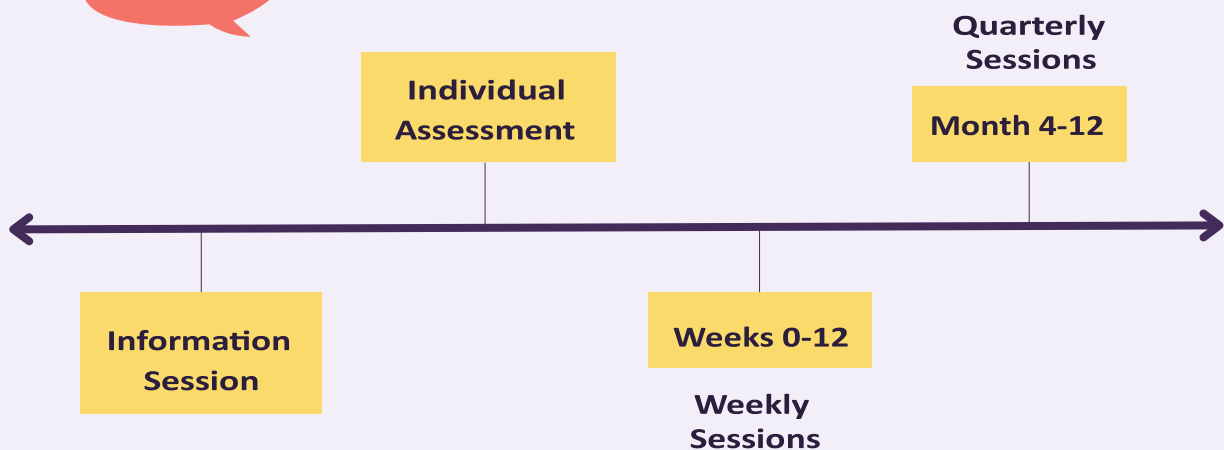
Stage 2

**Weight Loss  
Maintenance**

Ongoing



## Programme structure



## Programme support

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Support will be provided throughout the programme from your Counterweight Coach, other group members and via the educational content in the Counterweight App or Workbook.

### You will be supported to:

- Learn skills to help you change your eating, drinking and activity habits  
(based upon the psychology of long-term habit change)
- Learn practical tools needed to plan balanced meals as well as your daily and weekly routine
- Tailor the recommended changes to suit your home life, social life, work like, food preferences and affordability
- Identify and plan for times when it is more challenging to keep going with your new routine and habits

You will be in a group with your Counterweight Coach and a small group of other people also on the programme.

Your coach will discuss different topics at each session to help you meet your weight loss and health goals.



## Counterweight Success Stories



### SHALOM

"My whole outlook on life is better, I'm more positive, I have more energy, I'm less stressed and I can do more with my family. Counterweight gives you everything you need to be successful!"



### SHARON

"It's so much more than just losing weight, this programme has transformed my health and honestly saved my life. The results really do speak for themselves."



### HENRY

"You do a diet to lose weight, if you do this diet, you will lose weight. With Counterweight, I also know I can maintain this weight loss too."