



Your Step-by-Step Guide to Success

Welcome to your **NEW** online Slimtone class! I'm so pleased that you're continuing to come to class – even if it is 'at a distance' for the moment! During these difficult times, you can still maintain the weight loss you worked so hard to achieve – and I'm here to help.

So, how does this online class work?

Read through this Guide to find out how best to take advantage of what's on offer. Then just jump straight in and you'll soon see we are with you every inch of the way.

- 1.** Start off by downloading your new Online Class Membership Card. Weigh and measure yourself at the same time every week – keep track of how you are doing on your new Online Class Membership Card. It's also useful to keep a record on your Inch Loss Chart (you had one with your Lifestyle Plan when you joined us – but there's space on your Online Class Membership Card to record your Inch Loss too). Some weeks it may seem that you haven't lost as much weight as you expected but it's a great incentive when you measure and find that the inches have melted away.
- 2.** Download the Daily Menu Planner and Food Diary – just like the one you pick up in class every week. As you know, this is designed to help you plan your menus for the whole week and makes it easier to write your shopping list. I'm sure you'll find it even more useful now that we are all having to think about the way we do our food shopping. It's a great checklist for when you're doing an online shop too and saves you time! You can download or fill it in online.
- 3.** You already have your own copy of the Slimtone Lifestyle Plan. Make sure that is always close to hand – as you know this is the basis of everything we do at Slimtone and has been designed to provide balanced healthy eating without leaving you feeling deprived.
- 4.** As part of your Online Class, you'll receive 3 short emails every week. This will include the Class Talk for that week (which you can download too, if you want), recipes and tips. These are to give you encouragement, keep you motivated and help you stay on track.
- 5.** We've also set up a private Facebook Group for each class so that you can chat and share ideas with the same members that you meet every week in class. You'll be able to share your weight losses – and, of course, get encouragement from each other as well. I'll send you a link to **your** Facebook class shortly. Each class is a private group, so it's only members from your usual class who, like you, have joined us online. The Group name is Slimtone YOUR CLASS NAME Online, for example SlimtoneSainsburysOnline for the Tuesday Sainsbury's class.
- 6.** Instead of meeting in class, you can also join me every week at your usual class time on your Facebook Group. You can share your weight losses, we can have a quick catch-up and I'll have a trophy ready for the biggest losers each week – just like we do in class!

That's it, everything you need to maintain your weight loss over the coming weeks. If you have any questions, drop me an email at marie@slimtone.co.uk

I'm looking forward to "seeing" you in class every week. Stay safe,

Marie