



Your Step-by-Step Guide to Success

Welcome to your **NEW** online Slimtone class and a slim and healthy future with our Lifestyle Plan! During these difficult times, you can still lose weight – 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 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. 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 more 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 can also download your copy of the Slimtone Lifestyle Plan. Make sure that is always close to hand – this is the basis of everything we do at Slimtone and has been designed to provide balanced healthy eating without leaving you feeling deprived. Turn to **Page 5** and read the Guidelines to your Plan – these hold the key to your success. Page 6 explains how many calories you should have, as well as your Daily Allowances. Make sure you keep to this calorie intake – don’t be tempted to eat less! Just like a fire, our bodies need fuel to keep burning! Page 8 has some great tips to Jumpstart your plan, with our low G.I. food selections. They provide slow release energy and satisfy your appetite for longer. There’s a pre-planned menu on Page 70 which many of our members find very helpful. Everything in the Plan is colour coded for easy reference. There’s lots of family-friendly recipes and ideas for breakfasts, lunches, main meals and snacks.
Finally, water is a very important part of your weight loss plan. Page 7 explains why this is. I hear from so many members that it made them recognise thirst from hunger – instead of now reaching for a biscuit, they have a glass of water.
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 our Online members so that you can chat and share ideas. You’ll be able to share your weight losses – and, of course, get encouragement from each other as well. The link to the Facebook Group is in your first email.

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