

“Thank you Chris and One Life Suffolk
I came for an NHS Health Check and through this
was referred for help with weight loss.

In 12 weeks I have lost 1st 5lbs and am now a S/W
Club 10 member (I have lost 10% of my body
weight and will now benefit from all the health
benefits that go with that loss). I’ve eaten out,
drunk wine and eaten the odd chocolate. I am
enjoying everything I am eating and have never
felt hungry. What diet? It’s a lifestyle change.

I am chuffed, to say the least, and most of all I feel
great. I feel good about myself for the first time in
a very long time. I still feel very motivated and am
still on my weight loss journey. Not too far to go
now and I’m now looking forward to keeping up
with my granddaughter when she gets mobile!”

**Client pleased to have
lost**

**1 stone 5 lbs (10% of
her body weight) just
12 weeks after having
an NHS Health Check
with OneLife Suffolk**



♥ health checks ♥