



Kick-start your weight loss!

Sign up to the £4lb weight loss challenge

For every pound you lose in weight the company will donate £1 to the Alzheimer's Society

Registration opens 8th May
Challenge commences 5th June

About the challenge

- Teams of up to 5 people
- Weekly nutritional support
- Each week individuals weigh themselves and update their team champion of the amount of weight lost
- The team leader records their team's measurements weekly on www.pound4lb.com



Every £1 goes to charity

Sign up as a team leader

- Decide on a team name
- Recruit up to 5 people to be in your team
- Register your team by visiting www.pound4lb.com

Enter Pin Code: Natgrid1



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