

Slimming World

As a Slimming World Online member, you'll have access to over 55 years of experience and expertise that's helped millions of people lose weight and stay slim for life.

Following our generous, flexible eating plan, you'll lose weight eating the foods you love and never go hungry. And we have over 2,000 recipes – tailored to you – to satisfy your appetite!

You'll discover interesting articles and videos, mindset-reset tools, inspirational success stories, progress trackers, plus the Slimming World barcode scanner to help you make great food choices in seconds. Our live member events are part of your membership, too – where we'll help you overcome stoppers, create brand-new, lifelong habits and boost your motivation, so you lose weight more easily than you ever thought possible!

Add in our unique 'at your own pace' activity programme (that's adaptable to any fitness level) for physical and mental wellbeing benefits galore... and we'll celebrate every weight loss and fitness milestone you achieve.

Losing weight online doesn't have to mean doing it all by yourself. We'll be there to cheer you on (along with your friends in our community) as you weigh in weekly, reach your dream weight – and hold on to it for life.

App and Web based platforms

Web based can be accessed via the following major browsers:

- Google Chrome
- Safari
- Microsoft Edge
- Mozilla Firefox

Apple compatibility requires iOS 11 or later, earliest functional iPhone 5s (2014).

Android compatibility requires OS 5.0 Lollipop or later, earliest function handset Samsung Galaxy S4 (2013).