

Liva

Liva offers a truly personalised experience, designed to help you build lasting healthy habits. You will start the programme with a 30-minute, one-to-one video consultation to meet your chosen health coach. Throughout the programme, you will then receive bespoke support, ensuring that guidance is tailored to your individual needs and goals. Your health coach is your cheerleader, accountability partner, and problem-solver, dedicated to helping you overcome challenges and achieve lasting wellness.

Our programmes have helped over 60,000 people lose weight. It's not about quick fixes or strict diets; Liva promotes a flexible, non-diet approach that focuses on the whole person and prioritises building incremental but sustainable behavioural changes and healthy habits such as regular movement, balanced meals, and mindful eating. You can also join a community of people, where you can share experiences, exchange tips, and find inspiration.

You will receive personalised video messages from your health coach each week, as well as daily content through our user-friendly app, including recipes, nutrition advice, and tips to increase activity. You can track your progress by creating your own goals. Whether it's establishing new habits or aiming for bigger achievements, our app is designed to support you every step of the way.

App based platform

Apple compatibility requires iOS 10 or later, earliest functional handset iPhone 5 (2013).

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