

## **Morelife**

My Life Plan is a 12-week online programme which understands that weight loss is not easy. We know that your thoughts, feelings, habits, and past events may be impacting your weight.

By joining our psychologically informed programme you will:

### Have 121 coaching sessions

Learn how to develop and keep healthy eating habits. Improve your health and well-being with topics such as sleep and stress management.

### Coaching

We believe in giving REAL-PERSON support. You will speak directly to one of our team for your coaching.

### Ongoing Support

You can WhatsApp your personal coach between sessions if you need advice. You can also join our Facebook groups to hear from others.

### Education

Access videos, podcasts, information sheets and quizzes to learn more about food, exercise, and the psychology of losing weight. You will also learn how to change habits, manage stress, and stop emotional/boredom eating for good (No faddy diets!)

### Tracking

Your 'Dashboard' will track your weight loss and weekly goals. You will also have your own Food and Thought diary to understand your habits and how to make positive changes.

### Accessibility

There is a wide range of articles, recipes and exercise videos for all cultures, ages, and genders.

## **Web based platform**

Web based platform can be accessed via the following major browsers:

- Google Chrome
- Safari
- Microsoft Edge
- Mozilla Firefox