



THE AD INCH-LOSS PROGRAMME (3 week version and 2 week version)

It may seem to you that you have been on a 'diet' most of your adult life. You may feel it is time for a change and you would like the chance to kick some of the bad habits you have adopted over the years. If you think it's time to be kind to your body and to revise your current eating and exercise habits for good, then the AD Inch-Loss Programme may well be for you.

What are the benefits?

1. Weight-loss and inch-loss. The results of your hard work will show both on the scales and on the tape measure. Read some of the glowing testimonials overleaf. There are more at www.anniedeadman.com
2. Clearer skin and renewed energy levels. Nothing will get in your way!
3. A reduction in cellulite
4. A feeling of wellbeing... calm but alert!
5. Denser (not bigger) and stronger muscles
6. An increase in your fitness levels
7. A kind of smug feeling that you get when you've survived something which your head fought against but your body enjoyed ...eventually!
8. Your goals and aims with regards to exercise and body shaping will be refreshed.

All these benefits come from 3 sessions of pretty tough exercise per week for 3 weeks plus a rigid eating plan which cuts out the impurities you will find in your normal everyday diet. You will not be hungry and it is **not** a carbohydrate-free diet. It is a balanced eating plan which nourishes the body and relieves the cells of its toxins which it fights against every day.

This is how the Programme works:

1. After booking your slot, and before the Programme starts, you attend a meeting. Here you are given your Programme packs containing details of the eating plan, shopping list and measurement sheet for you to measure your body at home.. You will be weighed at the meeting. It is also a chance to fire loads of questions at Annie and her team and meet the rest of the Inch-Loss gang.

2. Together you will do the 9 workouts over the 3 week period (or 6 workouts over 2 weeks if you are doing a Summer Blitz version). They will be on Mondays, Wednesdays and Fridays at 6-7amin Bushy Park and in a hall if it's raining. The workouts are based round a bootcamp style of circuit and interval training. All levels are catered for but everyone is pushed.
3. At the end of each week you are re-weighed. You also hand in a food diary so that the Inch-Loss instructors can check you are adhering to the rules.
4. Throughout the course of the Programme you will be given information sheets on riveting topics to help boost your knowledge of how your body works and how to be kind to it.
5. On the last day, aside from your obvious euphoria, you will feel a huge sense of achievement. You will be equipped with a Future Eating Plan which will guide you to help maintain or further your inch-loss.

Cost for the 3 week Inch-Loss Programme

The Programme costs £145 plus a commitment payment of £50, refundable only if you..

- a) attend all 9 workouts
- b) hand in a food diary at the end of each week
- c) answer a questionnaire and hand in a testimonial at the end of the Programme ...

Cost for the 2 week Summer Blitz version

This costs £105 plus a commitment payment of £50, refundable only if you....

- a) attend all 6 workouts
- b) hand in a food diary at the end of each week
- c) answer a questionnaire and hand in a testimonial at the end of the 2 weeks ...

If you would like to know more or book a place, do contact Annie via email or phone. She'll want to check it's right for you before you hand over any money.

TESTIMONIALS

"There is no denying this Programme requires dedication and stamina. However, the results have been fantastic and it has given me a renewed motivation in my training. Many thanks Annie!" Gareth Forber (Inch-Loss 2 week Body Blitz July 2011)

"I really didn't think I would be able to last the course. Annie and her gang however made it very easy – a bit of good-humoured cajoling and team spirit made me actually look forward to getting up at 5.30am and head to Bushy Park! Thank you Annie, I now feel I am on the road to better health (and a smaller bottom)." Julie Barker (Inch-Loss 2 week Body Blitz July 2011)

"After the first 2 sessions the early starts weren't a problem at all. Over the 3 weeks I lost 5.5lbs and 6 inches which I was really pleased with but more than that was the huge increase in energy that I had - my husband even asked me to stop being so happy at 7am in the morning. As a sufferer of asthma in the hayfever season, probably the biggest benefit for me was not using my inhaler once in the 3 weeks. For me, this isn't now about a diet, it is just a healthier way to live." Suzanne Pritchard, Hampton (Inch-Loss, May 2011)

"Your Inch-Loss bootcamp really lifts my spirits! It's fun, friendly and I love working out in the park. I've lost over 6 inches ...thanks Annie!" Lisa M, Hampton Hill (Inch-Loss, May 2011)

"I wanted to tone up and lose weight before my wedding. I lost 10lbs and 7 inches in the 3 weeks and feel fantastic. The plan is easy to follow and the results make getting up for those early workouts worthwhile." Michelle S, Hampton (Inch-Loss, January 2011)

"I absolutely LOVE Inch-Loss because it has turned me from a wobbly lazy eater into a stronger and healthier person. I am not craving unhealthy foods and I look forward to the workouts as one of the best things about my day. Annie, you are hilarious, motivating and a complete inspiration!" Estelle M, Hampton Hill (Inch-Loss, January 2011)

"This is an amazing 3 weeks, which really does what it says it will. There was sweat, laughter and help from Annie and her helpers (two lovely fit young men) at every turn. I really didn't want it to end!" Ann Sweeney, Teddington (Inch-Loss January 2011).

"I saw a Mum at school who had done the August Programme and she looked so amazing. I was very excited to hear what she had achieved in so little time and so I am glad I got involved. I lost 9lbs and 11 inches in 3 weeks. I have never seen great results like this, and believe me I have tried lots of things. The classes were so encouraging, Annie was so understanding. I really want to carry on looking after myself." Emma Lynch, Teddington (Inch-Loss October 2010)

"I actually think I have changed my life for the better with a greater knowledge of nutrition and exercise than I have ever had. Thanks so much Annie, you are an inspiration." Becky B, Thames Ditton (Inch-Loss, October 2010).

"For the first time ever, I have found a plan that seems to work out and is fairly easy to follow and I am still following the rules. I lost 7 lbs and 8 inches and I'm still losing now that I have a workable exercise schedule in place." Jenny R, Strawberry Hill (Inch-Loss, August 2010)

"The 3 weeks were very challenging, but the process was made lots of fun. Annie and her team supplied a constant stream of motivation, support, encouragement and praise. Nothing was too much for them and they took obvious interest in the wellbeing and progress of each member of the group. The course far surpassed my expectations and the results speak for themselves. I lost 10 lbs! After the Programme I am continuing to lose weight and have now lost a stone." Katherine G, Hampton (Inch-Loss, August 2010)