

Could This Be The Answer To The Obesity Epidemic? New Weight Loss Program Revealed

New weight loss program that gets to the very heart of how to deal with the obesity epidemic and provides the key to permanent weight loss.

March 24, 2009 (FPRC) -- With the world obesity crisis getting worse not better, it's clear that diets are not the answer to the problem. Yes, they can deliver weight loss, but it's short-term weight loss. Short-term because in the majority of cases the weight comes back again. What is being created is a nation of unhappy, overweight people who, like it or not, have become members of the 'serial dieters club'.

There has got to be a better way - and there is. Now there is a new weight loss program called the Slim Habit which gets to the heart of what permanent weight loss is all about - making change.

'There can be no lasting weight loss without change. If you don't change your eating and lifestyle habits you will never lose weight no matter how many diets you go on'. This is the view of the team that developed the Slim Habit, a new weight loss program that has been designed to achieve permanent weight loss by learning new habits. Why habits? Because learning new habits is one of the simplest and most effective ways of changing behavior.

So what makes the Slim Habit different from a diet? It is fundamentally different in one very important way. Unlike a diet it's not a short-term quick fix. The Slim Habit deals with the bad habits that cause weight gain and provides a lasting, long-term solution.

What the Slim Habit team set out to do was to design a program that would allow people to recognize the bad habits that had made them fat and give them a simple, easy-to-use means of learning new eating and lifestyle habits. New 'slim habits' that deliver the behavior changes needed to lose weight permanently.

The team was also conscious of the need to get people to engage with the program so that they had the confidence and the knowledge to always be able to control their weight. To do this they designed the program to have structure, and to be a learning platform to encourage self-responsibility and a better understanding of how to manage and maintain weight loss.

Aware of how important support can be in achieving a successful and lasting outcome, the Slim Habit also includes a comprehensive journal and an online support program.

'We have tried to create a 'complete' weight loss program. We want people to lose weight and to have the knowledge and the means to control and manage their weight for the rest of their life. They can do this with the Slim Habit.'

The Slim Habit is not a fad or a formula. It is an opportunity for those who are serious about wanting to lose weight permanently to step off the diet treadmill and engage in a life-changing program. This is a program for life – a new, slim, healthy life.

It's habits, slim habits, not diets that are the answer to the obesity epidemic.

Contact Information

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