Slimming Clubs

1963

Weight Watchers began in America in September 1963. It was started by Jean Nidetch, an overweight woman from New York, who invited a group of friends to her house and asked them all if they’d join her on a medical diet that a dietician had recommended to her.

THE PLAN: You’re given a daily points allowance based on your age, sex, height and weight and are free to choose what you eat as long as you don’t exceed that allowance.

SAMPLE DAY

EXERCISE: Gradually build up to 10,000 steps a day.

AVERAGE WEIGHT LOSS
1-2lb a week.

DIET HINTS: Add a minimum of 500 fruits and vegetables a week.

1969

Slimming World was founded in 1969 by Margaret Miles-Bramwell, OBE, who is still chairperson. The first meeting was held in a scout hut in Alfreton, Derbyshire.

THE PLAN: The club’s Food Optimising plan is based on foods that are low in energy density (filling but low in calories), plus measured portions of dairy, cereal and bread, and limited high-calorie foods.

SAMPLE DAY
Breakfast: Grilled bacon, scrambled eggs, mushrooms, tomatoes and 2 slices of wholemeal toast.
Lunch: Jacket potato with tuna and sweetcorn and salad. Fruit and a fat-free yoghurt.
Dinner: Low-fat spag bol and a green salad. 1 small glass of wine and a small Kiljik.

AVERAGE WEIGHT LOSS
Gradually build up to 30 mins of moderate activity five times a week.

1980

Scottish Slimmers

Founded in Aberdeen in 1980 as a local slimming class, the club has now helped more than a quarter of a million slimmers reach their target weight.

THE PLAN: Their Positive Eating Plan (PEP) is based on a ‘check’ system, with one check equalling around 25 calories.

SAMPLE DAY
Breakfast: Porridge and berries. Lunch: Soup and a wrap. Dinner: Spaghetti bolognese. 1 med.oil rest with fruit and yoghurt.

EXERCISE: All activity is encouraged.

AVERAGE WEIGHT LOSS
1½-2lb a week.

DID YOU KNOW?
Scottish Slimmers members lost almost 17,000 lb of fat a week.

1993

Rosemary Conley

In 1993 Rosemary discovered a low-fat diet plan that, she realised, transformed her body better than any other diet. She went on to share her findings in diet books, and started her diet and fitness club in 1993.

THE PLAN: You follow a 1,200-calorie plan for the first two weeks, 1,400 calories for the following two weeks, then keep to a calorie allowance that’s based on your age, gender, height and weight.

AVERAGE WEIGHT LOSS
1½-2lb a week.

DIET HINTS: Add a minimum of 500 fruits and vegetables a week.

1996

LighterLife

Bar Hewlett co-founded LighterLife in 1996 to provide an accessible slimming programme for men and women with 20kg or more to lose.

THE PLAN: LighterLife Total is a Very Low Calorie Diet (VLCD) plan which consists of four food packs (from shakes to meals) totalling 500-600 calories per day, plus weekly counselling. LighterLife Lite is available for slimmers with less to lose.

AVERAGE WEIGHT LOSS
1 stone a month.

DID YOU KNOW?
In 2012 LighterLife’s UK clients lost a total of 201 tonnes.

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