

Start now and drop up to 2 dress sizes in time for Christmas celebrations

Submitted by: Weight Loss Resources Ltd

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This year's wlr Christmas Challenge is now open. Running for over 10 years, the Weight Loss Resources Little Black Dress Challenge helps women to lose weight and drop dress sizes in time for Christmas celebrations.

Research carried out by Weight Loss Resources* has found that many of us have our eye on a particular dress or outfit that we want to fit into – in many cases one we already have taunting us from the back of the wardrobe!

Last year's challenge biggest loser achieved a loss of 2st 11lbs, and the challenge helped many more to drop dress sizes in time for Christmas celebrations.

"I am in my party dress 8 weeks into the Challenge. I get to wear it to a party with some friends who haven't seen me in ages! Very excited!" - Charlotte (wlr member)

Challenge completers all receive a bespoke medal to mark their achievement. To meet the challenge and get your medal you have to complete 12 tasks, chosen by you, over 6-12 weeks. Tasks are designed to boost motivation and focus on losing weight in time for Christmas.

Full details, including a dress size calculator to see how many dress sizes you could drop in time for Christmas, can be found at www.weightlossresources.co.uk/weight_loss/little-black-dress-diet.htm

Weight Loss Resources provides evidence based tools and information for fad free weight loss, including award winning support. Using these types of tools has been shown to double the amount of weight a person can lose.** The tools are available to try in full with a 24 hour free trial.

www.weightlossresources.co.uk

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*Qualitative analysis conducted of comments and discussion centred around losing weight in time for Christmas 2017 showed the most prevalent motivation to be a specific goal dress or outfit.

**Studies show keeping regular food diary records can double the weight you lose: Kaiser Permanente Centre for Health Research

<https://research.kpchr.org/news/press-releases/post/343/chr-study-finds-keeping-food-diaries-doubles-weight-loss>