

*Dear Valued Healthy Weight For Life Club Member,*

## **Now you can track your progress on-line!**



As one of the proven secrets of weight management success is consistent self monitoring, club members asked us to provide a facility that allowed them to regularly log their weight and waist measurements in order to keep them motivated to continue to lose more weight or be better able to maintain the weight they have already lost.

We are proud to announce that now, as a member of the Healthy Weight for Life Club, you can log in to your own personal member page, at your convenience, to record your measurements as often as you like (even retrospectively) to track the progress you are making. You can even print out your own weight and waist graphs to share your progress with your healthcare team.

If you have not already nominated your own user name and password, then as an existing Club member you can log in using your email address as both your user name and password. Simply [click here](#) to begin. (You can change your password once you have initially logged in if you wish to.)

If you are unsure of your user name, password or would like some help with logging in, please call the help line on **1800 226 180**.

## **Have you tried the new flavour range yet?**



Some members have already taken advantage of the launch special on the 5 new KicStart shake flavours and our first soup - each providing the same level of nutritional completeness you have come to rely on, but with an additional boost of protein (up to 30% more per sachet) and a fantastic new taste!

If you are yet to sample any products from this exciting new range act quickly because, for a limited time only, you can purchase a Combo Trial Pack featuring one sachet of each item in the new range, and we will refund the postage and handling fee. So [try a Combo Pack today!](#)

## **iPod Competition Results**

The "Win an iPod" Competition finally came to a close at the end of July. All the entries were so good we had a really hard time choosing the final 15 and then narrowing them down to the eventual winner. To view the finalist's entries for yourself, please [click here](#).

## **Next Issue**

Keep an eye out for next month's issue with heaps of useful tips on how to enjoy the pending festive season and stay on track.

Wishing you the best of health,

*The Healthy Weight For Life Team.*

