

# Personal Weight Loss Coach



Location **London, London**  
<https://www.freeadsz.co.uk/x-571274-z>



Personal weight loss coach. I combine the latest in dietary weight loss research combined with direct accountability. I offer a full service including dietary advice, meal plans and cooking lessons. I conduct one on one sessions followed by unlimited access to me as your direct accountability partner. The American Society of Training and Development (ASTD) did a study on accountability and found that you have a 65% of completing a goal if you commit to someone. And if you have a specific accountability appointment with a person you've committed, you will increase your chance of success by up to 95%. My method requires no exercise. Just education, application and.



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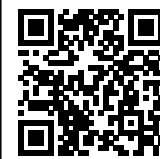
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