SPECIAL:
CELEBRATE
OUR 40TH BIRTHDAY
WITH US, FOR THE LOVE
OF WEIGH-LESS!

FAB FOODS YOU
WILL LOVE

40 REASONS WHY
WEIGH-LESS WORKS

202.3KG
LOST IN THIS ISSUE!

MANAGE YOUR
FOOD CRAVINGS...
WE SHOW YOU HOW

GET FIT, AND FIT
WELL TOGETHER!
Why a couple that trains
together, stays together.

ON THE COVER
THE PHENOMENAL
WOMAN BEHIND
IT ALL. READ
ABOUT 44 YEARS AT
GOAL WEIGHT, WITH
MARY HOLROYD.

OVER 40 RECIPES
YOU WILL LOVE

ADD YEARS
TO YOUR LIFE.
MAKE THESE
CHANGES BY
YOUR NEXT
BIRTHDAY!

IN HEFTINESS
AND IN HEALTH
Could your weight
have an impact on
your marriage?

SAVE R50
VOUCHER INSIDE!

YOUR GUIDE TO HEALTH, FITNESS AND WEIGHT MANAGEMENT
Get Sweet-Smart!

Meet the really smart way to enjoy all the sweetness you want in your drinks and food, with ZERO kilojoules AND no bitter after-taste. Because we’re all about Great Choices for Good Living, we’re pleased to introduce you to our exciting NEW Weigh-Less Sweetener range – now with SUCRALOSE.

- Contains Zero kilojoules – to help you manage your weight
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- Diabetic-friendly and suitable as part of a gluten-free diet
- Available as tablets, powder or stick sachets – for everything from beverages to baking.

Great Choices for Good Living

Est. 1975

Formulated for use in conjunction with the Weigh-Less Weight Management Programme.
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FOUR DECADES OF CHANGING LIVES

In February this year we are proud to be celebrating Weigh-Less’ 40th Birthday.

I am fortunate to have grown up with Weigh-Less being a part of my life since its inception in 1975. One of the benefits that I have been afforded is that I have always had a large family – a Weigh-Less Family. With this extended family has always come a lot of love and support – and still to this day, although I am older and wiser, that family is there for both me and the many new Members we welcome on a daily basis.

I often look back at all the memories that I have been privileged to be a part of, and recount the many milestones along this amazing journey. I remember the first ever scales that we used to weigh our Members with, the kind that stood outside chemist shops in the 1970s, and how my father had to refurbish them. Eventually, these developed into the first-of-its-kind electronic scale available in South Africa in the 1980s.

I grew up answering the phones for Weigh-Less and packing stock for our Group Leaders. We relocated to Dinwiddie, as a family, in 1981 to support the growth of Groups in Johannesburg – Mary was the Group Leader, and I was, at 13 years of age, her Group Assistant. The first Group that Mary ran herself after the move was in Alberton, and whilst Mary could speak no Afrikaans, the Members welcomed us to the community – communication barriers and all. Being involved in all aspects of Weigh-Less from a young age, I also recall the many Members and field staff that I have worked alongside with, at the likes of local community fetes – where the entire Family would get involved.

I have been privileged enough to see our Members not only change their shape through their weight loss, and change their lives in the process through personal growth, but I have also seen our staff grow and flourish through the years. I have met the most amazing people and worked alongside individuals who have been mentors to me, as much as I have mentored others. I have also worked with amazing teams of people, and together we have worked through the night, we have laughed and cried, and we have been blessed enough to share the successes of our Members and field staff. We have said goodbye to some amazing people over the years that have left a legacy behind, as they live in the hearts and minds of our Members and extended Weigh-Less family.

In each issue of the Weigh-Less Magazine we strive to ensure that this magazine represents all the hard work our Group Leaders do in the field, and all the amazing successes that our Members achieve in Group each week. This issue is no different, as you will read from the inspirational success stories and testimonials as to how Weigh-Less has changed so many lives over the past 40 years. We plan each issue to further support the needs of our members – and to live through our mission statement to support every Member in their Goal to attain and maintain their ideal weight, the healthy way.

We dedicate this issue to all our Members, and to our team working in the field and behind the scenes. Happy birthday Weigh-Less!

Love

TRASI HOLROYD AND THE WEIGH-LESS TEAM
LOVE

that avocado oil!

What amazing goodness comes from our avocados!

Westfalia Avocado Oils are rich in monounsaturated fatty acids and are perfect for cooking, baking, drizzling, dipping, roasting and frying... Even braai'ling! They're also suitable for Vegetarians, are Kosher and Halaal certified and are endorsed by the Heart and Stroke Foundation. Treat your heart to everyday health!

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Have your say!

star letter

Hi Weigh-Less, I picked up some weight, and I was feeling really down about it. All of a sudden, I got this beautiful message from my friend: “I just want to tell you that I am very proud of you. The courage you approached this weight loss journey with is something special. Not many people have the courage and will power to change their lives the way you have. It takes a special kind of person. Shoot for the moon, that way even if you miss, you will surely land amongst the stars”. My friends are truly remarkable and supportive. I am so motivated to try even harder now! Thank you to all who support me through this challenging journey especially my Group Leader.

Cecelia Viljoen Louw

Dear Weigh-Less,

Weigh-Less is the only way to healthily lose weight, and keep it off. I have dropped out of Weigh-Less a couple of times now, but I always come crawling back because in my heart, I know I can get to Goal Weight by sticking to my Eating Plan. It’s not only affordable, but also a lifestyle which teaches us the right way of eating, to allow us to lead a more healthy and energetic life. Eat good, pure food and you can’t go wrong. It’s the Weigh-Less way, or nothing at all!

Joy Patterson

Hi Weigh-Less,

If you are determined and committed, then Weigh-Less is the way to go! It changes the way you think and feel about food, and makes for a much healthier lifestyle. Eight months into my Weigh-Less journey and I’m already 16kgs down. Another 3kg to get to my Goal Weight – thank you Weigh-Less!

Lizelle Bowen

Dear Weigh-Less,

Weigh-Less has been an inspiration to me over the years, through a wedding, two children and relocation. I believe that it is the only Eating Plan that really works. Whenever I feel unmotivated, I just pick up the magazine and read all the inspirational stories. I soon find myself making a shopping list of all the delicious recipes. I never feel deprived and I always have energy thanks to Weigh-Less. It covers all the food groups, including carbs. I hope that one day I will be fortunate enough to meet Mary Holroyd as I am in awe of her drive and passion.

Natasha Berridge

STAR LETTER PRIZE

Our star letter is the lucky winner of a DVD hamper, worth R500, courtesy of Essential Distribution, including DVDs from Jillian Michaels, a leading fitness expert. If you rather workout in the comfort of your own home, as opposed to a gym, Essential Distribution has the best fitness DVD’s on offer. Visit www.essentialdistribution.co.za for more information and contact details.
Holidays are all about time to create memories that will last a lifetime; time to unwind, catch your breath and enjoy some treasured family moments.

For 57 years Gooderson Leisure had been making holiday experiences a memorable occasion, giving you better value to keep your family coming back for more.

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GETTING BACK INTO STEP

By now, normality has been restored to your life; as you are back at work, the kids are back at school and your days are becoming more routine. For many, the New Year also brought with it a commitment to making a routine of healthy eating – a routine you should have adjusted to by now. However, for some this decision to watch what you eat, and making healthier food choices is not as easy. If you find that your motivation is already waning – we have put together a little something extra for you...

FEBRUARY IN-GROUP PROMOTION:

New Year, Do-over -
The Ultimate Guide to your Best Year Ever!
Perhaps the back-to-school rush or the work commitments you faced at the beginning of 2015 have already swayed you off course, and your commitment to following your Eating Plan has begun to come and go as if with the wind! Alternatively, you may have been too relaxed during the holiday period to plan to equip yourself for a healthier year.

We want you to ‘do-over’ your New Year’s resolutions this February to ensure that your path to a ‘New You’ begins this year. As Weigh-Less celebrates its 40th Birthday in the month of love; we want to celebrate what has made us so successful – our Members!

This month, ‘do-over’ your New Year’s resolutions with our promotion. If your partner joins Weigh-Less in the month of February, your partner will qualify for a no joining fee voucher!

OUR BIRTHDAY GIFT TO YOU!
Take out a 13 week contract in February or March 2015 and qualify for R50 off your Contract!

Member’s Name:
Member Number:
Group Leader Name:
Group code:
* Ts & Cs apply.
* Promotion excludes Vitality, Teens and Tweens and Pensioners.
* Promotion ends 31 March 2015
* Group Leader to attach this voucher to her Tally Sheet in order for you to qualify for the promotion. PROMOMAG0215.

MARCH IN-GROUP PROMOTION

As part of our promotion in March, all new Members to Weigh-Less will receive a free copy of our Fast Food and Restaurant Guide 2015! The 2015 edition will include serving suggestions from several of your favourite take away outlets and restaurants, including new additions; Fish Aways, Mugg and Bean and Mimo’s.

APRIL IN-GROUP PROMOTION

SAY NO TO SWEET TEMPTATION...
YOUR EASTER SURVIVAL GUIDE!
As you step into the doors of all the major supermarkets you are confronted with boxes, piled high, packed with little white eggs, chocolate bunnies and other tempting sweet treats! Yes, it’s Easter time again, and with it comes not only temptation to stray from your healthy eating in the form of chocolate, but also temptation to drop out of your supportive Group environment.

With all the public holidays over this period, it is easy to say “I’m taking a break!” Well, we don’t want you to give up on your healthy Eating Plan – for any length of time. And because we understand that this is a difficult time for slimmers, we have put together exciting holiday survival tips throughout the month of April, available in Group and on social media! You can look forward to:
- Healthy, sweet treat recipes,
- A weigh, stay and win competition,
- And the best advice on how to navigate Easter holidays the healthy way

Check the Weigh-Less website in March for alternative holiday Groups in your area, and around the country.

ARE YOU OUR NEXT WOMAN OR MAN OF THE YEAR?

Community Man and Woman of the Year events start in May. For more information, or if you have not entered and are at Goal Weight, speak to your Group Leader or download the entry form from our website. Or email magazine@weighless.co.za to request an electronic copy. You can also follow our Community Woman and Man of the Year entrants for 2014 on or website, Facebook and Twitter.