



**WEIGHT
MATTERS**
Coaching for a healthy lifestyle



Discover our Weight Matters Coaching App

Our Weight Matters Coaching App and eLearning Platform offers an engaging learning experience supporting you during your weight loss journey by offering the development of skills and strategies to gain control of your weight and find a happier and healthier life.

It includes 4 main topics with quick 15 minute lessons designed to keep you motivated on your journey!

- **Confidence and NLP for Weight Control**
- **Hypnosis and Mindfulness**
- **Healthy Living**
- **Weight Literacy**

Our My Coaching App is a new feature providing practical guidance to help you reach your health goals. There are 5 levels of achievement and each level includes 8 challenges to complete.

Every challenge completed is a step closer to a healthier self.

Log into the platform to access My Coaching App and start taking better care of yourself today!

"There is no one giant step that does it. It's a lot of little steps!"

The eLearning Platform and My Coaching App is fully now available on

<http://weightmatters.lyk.io>

or through our website

<https://www.weightmatters.eu>

All Good Things Must Come to an End..



The Weight Matters project is coming to an end on the **30th September 2019**. To showcase our achievements in of the project, Maltese partners, Acrosslimits, will be hosting the projects' final event with the participation of all the project partners from UK, Greece and Italy.

The final Conference will take the form of a half day event and will be held at [Razzett L-Antik, Qormi](#) targeting 70 participants. The final conference will feature a keynote speech from the coordinator of the project, a panel discussion with participants from the pilots and mentoring circles and also guest experts that took part in the project. The event will end with a hands on exercise coordinated by popular Maltese nutritionist [Mariella Porter](#) on how to choose healthy portions. The lunch prepared by the chef of Razzett L-Antik will liaise with Ms. Porter on the choice of food, method of cooking and presentation. More information to come. Stay tuned!

Our Events Across Europe...

A series of Find Out More events have been held across our partner countries and have been spreading the word about Weight Matters programmes and activities.



Italy March 30, 2019 | NH Hotel Catania Centro, Piazza Trento, Catania.

31 participants attended ANDIDs' event which involved dietitian professionals who presented new tools to help people lose weight. Two participants from the first pilot of Weight Matters attended and talked about their experiences on the programme which helped to generate interest in the second pilot programme.



United Kingdom June 11, 2019 | Tingas Tinsley, Siemens Close, Sheffield, S9 QUN.

The event was held in Tinsley, a suburb of north-eastern Sheffield. In order to capitalise on the strong sense of community and engage more people to join the event, Inova opened the event to local charities and organisations to join and disseminate their own local activities they also provide in the area. Inova took a very practical approach offering classes such as Zumba, Yoga, other exercises and Mindfulness techniques which proved paramount in participant recruitment.

Feedback from the day:

"Loved the Zumba and meditation. Loved being able to chat with the facilitators"

"Totally appreciate the work involved in presenting these types of events. Well done. I really enjoyed it" "Joyful and thank you for the opportunity"



GREECE May 17, 2019 | Aegean College, Athens, Greece

31 participants took part in this event, including dietitians and nutrition students enrolled in the Aegean College of Athens, as well as the general public who wished to be informed on alternative ways of losing and maintaining weight. 5 guest speakers covered a range of topics including, nutrition, psychological support, Neuro-linguistic programming (NLP) and participant testimonials. The day ended with an opportunity for participants to ask questions about the Training Course and the Health Mentoring Circles and how they can use the e-learning platform.

Feedback from the day:

"Very informative session on the tools of weight matters, and presentations of professionals were very good. I wish we could have more info days like this one"

"I liked very much the testimonial of the participant in the project"

"I was impressed with the Neuroplasticity video"



Malta March 22, 2019 | Hilltop Gardens, Naxxar.

This very popular event included an expert discussion panel in order to showcase mentors and what they had to offer the program and participants. There were six guest speakers in total who came from various health and wellness backgrounds including: yoga, meditation, aromatherapy, strength and conditioning and NLP. Part of the session was also dedicated to advising the audience about the Piloting sessions and how they can sign up to attend the four session and later on register to be part of the mentoring circles. Time was also allocated for previous participant testimonials, Q & A's and Feedback from the Audience.

Project Partners



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