

***WEIGH IN ONLY/EXERCISE ONLY OR WEIGH AND EXERCISE YOUR CHOICE!***

***Riding club members' special offer for September'2011***

***Free membership & Free members pack worth £35***

***Just pre-pay £29 for 5 weeks***

**LOSE A STONE IN A MONTH AT ROSEMARY CONLEY**

**DIET AND FITNESS CLUBS**

**ANNE BLISS LAUNCHED DIET AND FITNESS CLASSES ONLY 12 MONTHS AGO INTO THE AREA, THEY HAVE PROVED VERY POPULAR AND THE MEMBERS HAVE LOST A MASSIF AMOUNT OF WEIGHT**

**NOW WITH A CHOICE OF DIETS**

Kick start your weight loss at Rosemary Conley Diet and Fitness Clubs with a choice of two great diets to help you lose a stone in a month! Members can choose from Rosemary Conley's Amazing Inch Loss Plan, launched in January 2010, or her brand-new Solo Slim® Diet, which is based on Rosemary's new range of ready-made real meals, which members can buy at their class or have delivered to their door.

Rosemary Conley's Solo Slim® Diet is a proven eating plan which includes tasty meals-for-one that are hassle-free and help dieters lose weight super-fast healthily.

The Solo Slim® Diet is easy to follow and incredibly effective. In trials, 30 trialists lost 32 stone in 4 weeks – that's an average of 1st 1lb in a month. The Solo Slim® food range offers a choice of 30 delicious ready meals and hearty soups that are all calorie counted and 5% or less fat. Also in the Rosemary Conley range of healthy foods, which can be ordered in class or online from [www.rosemaryconley.com](http://www.rosemaryconley.com), are Rosemary Conley's Low Gi Nutrition Bars, Low-Fat (5%) Mature Cheese and low-fat Hot Chocolate Drink.

Says Rosemary Conley, CBE: "Members have seen amazing results from this diet. They are given a copy of the Solo Slim® diet, along with a copy of my Amazing Inch Loss Plan and a set of Portion Pots®, an Introductory DVD explaining the Amazing Inch Loss Plan and a Magic Measure® which members love as it shows them how many inches they lose as they progress on the diet.

"Portion Pots® offer a quick and simple solution for measuring servings of staple foods such as cereals, rice, pasta, baked beans, vegetables – and even wine!"

**Rosemary Conley Diet and Fitness Clubs** is the only national slimming organisation in the UK to offer **exercise** and **dietary advice** in the same class, offering members excellent value for money: for one great-value price, they receive a diet and exercise

class in one! The cost of joining is just £10 for a membership pack, plus £5.80\* for the weekly class fee.

Find out what happens at a Rosemary Conley class on Rosemary's new, free internet TV channel by logging onto [www.rosemaryconley.tv/class](http://www.rosemaryconley.tv/class)

For details of **Rosemary Conley Diet and Fitness Clubs** classes in Ludlow, Cleobury Mortimer, Leominster, Tenbury Wells, Pembridge & Worcester call Anne on 01568760860 or visit [www.rosemaryconley.com](http://www.rosemaryconley.com).