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Online slimming clubs include: WeightWatchers – popular UK slimming club. Dukan Diet who provide their own club. Sainsbury's Diet is from Sainsbury's and is their own slimming club ; Online slimming allows you to pick up the tips you need as well as checking in with other online slimming members, which can be very beneficial for movitation.

Which Slimming Club is Best - Diabetes

I've previously tried Weight Watchers, Slimming Club, Atkins, Slimming World Diet, Slimmer UK. I lost weight on Slimmer UK, went on holiday and came back pregnant with my second son (!) and regained all the weight. On Being Overweight... I stopped going out and always used my children as

an excuse. I felt old and unattractive.

From Weight Watchers Slimming Club to Slimming UK - Weight ...

Some of the leading slimming clubs in the UK include; Rosemary Conley; Weight Watchers; Slimming World; and Slimmer UK. But there may also be some local ones that are not affiliated to any of these.

Slimming Clubs & UK Slimming Club Directory

There are three major slimming clubs in the UK: WeightWatchers, Slimming World and Rosemary Conley diet and fitness clubs. Below, we give you the skinny on costs and charges, and what's included in...

Consumer test: Slimming clubs | Consumer affairs | The ...

Which is the best slimming club? The best slimming club for you will depend on your own personality and which programme suits you. WeightWatchers is a very popular slimming club. Dukan Diet provide their very own slimming club ; Sainsbury's Diet is from Sainsbury's and is their own slimming club

Slimming Clubs - Diabetes

Slimming clubs can offer those wanting to lose weight a guide to eating more healthily, group encouragement and moral support, exercise and movement advice and a set routine or plan to follow each...

Do slimming clubs work? - BBC News

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