\*The Non Diet approach

The non-diet approach supports the fact that just like hair and eye colour, body shape and size varies from person to person.

This approach can help you to come to accept and care for the body you have now. It shifts the focus from trying to change your weight and shape and instead focusing on health behaviours.

Weight loss may or may not be a side effect of behaviour change, but it is not the goal or a measure of progress.

Research also supports this approach as the most effective way of supporting people to improve their health.