

**Up to 70% of people want to lose weight, have low energy levels, suffer with low mood or low confidence and have an increasing number of health concerns. And yet most people find it almost impossible to change their habits or improve their lives.....?**

**tick those that apply to you**

Please complete this quick questionnaire to find out if the zest4life process is suitable for you

- Do you want to lose weight and improve your well-being?
- Have you tried many times to lose weight or improve health?
- Do you use food as a comfort during stressful or upsetting times?
- Do you lack confidence about your body or in the way you look?
- Do you think about your weight/your looks a lot of the time
- Do you sometimes lack motivation and 'zest4life'?
- Do you sometimes suffer from feelings of shame or guilt?
- Do you crave food when you are feeling low and tired?
- Do you sometimes feel that it is too difficult to try and change?
- Do you sometimes feel that you can't be happy unless you lose weight?

**If you scored 5 or above, you would benefit from a greater level of support and motivation. Change is difficult. Many people are in a pattern of habits that they want to break but find it very difficult to do so on their own. Following a diet on it's own is often not enough. The zest4life process would be very beneficial to you.**