

Is Slim Now Right for You?

Initial Enquiry & Wellness Conversation Form



WHAT SLIM NOW OFFERS

- ✓ Personalised 1-to-1 coaching tailored to your lifestyle and goals
- ✓ Sustainable approach to healthy weight management
- ✓ Practical tools: books, mobile app & online resources
- ✓ A supportive community that keeps you motivated
- ✓ Focus on long-term wellbeing, not quick fixes or fad diets
- ✓ Guidance from a qualified, caring local coach near you

Don't Wait – Slim Now – Start Today

Achieving and maintaining a healthier weight is about far more than the number on the scales. Research consistently shows that gradual, sustainable changes to eating and activity habits can contribute to improved overall wellbeing. The information below summarises some of the commonly recognised benefits associated with maintaining a healthy weight, based on publicly available guidance from health organisations. Individual experiences will vary, and we always encourage anyone considering a weight-management programme to speak with their GP or a qualified healthcare professional first.

Physical Wellbeing

Public health guidance, including that from the NHS and the World Health Organization, suggests that maintaining a body weight within a healthy range may be associated with a range of physical wellbeing benefits. These can include improved mobility and joint comfort, as carrying less excess weight may reduce strain on the knees, hips and lower back. Many people report feeling more energetic and less fatigued when they adopt balanced eating habits and become more active.

- ▶ Improved energy levels for daily activities and exercise
- ▶ Reduced strain on joints, particularly knees and hips
- ▶ Better sleep quality, which in turn supports healthy habits
- ▶ Enhanced mobility and physical confidence

Mental & Emotional Wellbeing

The relationship between physical health and mental wellbeing is well documented. Adopting a healthier lifestyle — including regular movement and balanced nutrition — may contribute to improvements in mood and self-esteem. It is important to note that weight management is not a treatment for mental health conditions, and anyone experiencing persistent low mood, anxiety or other concerns should consult their GP or a qualified mental health professional.

- ▶ Potential improvements in self-confidence and body image
- ▶ A greater sense of achievement through setting and reaching personal goals
- ▶ The social benefits of community support and shared experiences
- ▶ Reduced stress through structured, supportive coaching

Long-Term Health Considerations

According to guidance from organisations such as the NHS, the British Heart Foundation and the Centers for Disease Control and Prevention (CDC), maintaining a healthier weight over time is associated with a lower risk of developing certain long-term health conditions. These associations are based on population-level research and do not guarantee any individual outcome. Slim Now does not claim to prevent, treat or cure any medical condition. Our programme focuses on supporting sustainable lifestyle habits that complement — never replace — professional medical advice.

- ▶ Supporting heart health through balanced nutrition and regular activity
- ▶ Promoting habits that may help maintain healthy blood pressure and cholesterol
- ▶ Encouraging a balanced relationship with food for long-term sustainability
- ▶ Building activity into daily life for lasting health benefits

Why a Sustainable Approach Matters

Fad diets and extreme restrictions are rarely effective in the long term and can sometimes be harmful. Slim Now promotes a balanced, gradual approach that fits around real life. We believe that small, consistent changes are more sustainable than dramatic overhauls, and that building a positive relationship with food and movement is the foundation of lasting wellbeing. Our coaches work alongside you to set realistic goals at a pace that suits you.

Important Health Notice

The information provided in this document is for general educational purposes only and is not intended as medical advice, diagnosis or treatment. Always consult your GP or a qualified healthcare professional before starting any weight-management, nutrition or exercise programme, particularly if you have any existing medical conditions, are pregnant, breastfeeding, or are taking medication. Slim Now is a wellness coaching service and does not provide medical advice, diagnosis or treatment. Results vary from person to person and depend on individual circumstances, commitment and adherence to the programme.

Claims and statements in this document are consistent with UK Advertising Standards Authority (ASA) and Committee of Advertising Practice (CAP) guidance, and US Federal Trade Commission (FTC) standards regarding truthful and non-deceptive advertising. Slim Now does not guarantee specific weight-loss outcomes.

Please complete this short questionnaire to help your Slim Now coach understand your current lifestyle, goals and support needs. Your responses will guide your initial wellness conversation. All information you share is treated in confidence and is used solely to support your journey.

YOUR DETAILS

Full Name

Location (Town / City & Postcode)

Telephone

Email

Your privacy matters: We never share your information with third parties. The details you provide are collected solely for the purpose of your Slim Now coaching enquiry and are held in confidence in accordance with UK GDPR and the Data Protection Act 2018. By submitting this form, you consent to Slim Now Ltd contacting you regarding your enquiry.

1 Which age range applies to you?

☐ Under 18 ☐ 18 – 35 ☐ 36 – 50 ☐ 51 – 65 ☐ 66 +

2 Have you tried dieting or a weight-loss programme before?

☐ Yes ☐ No

If yes, please briefly describe what you tried and how it went:

3 Do you currently exercise or take part in physical activity?

☐ Yes ☐ No ☐ Sometimes

If yes or sometimes, please describe what you do and how often:

4 Which best describes your current lifestyle? (Tick all that apply)

☐ Homemaker ☐ With children at home ☐ Working full-time ☐ Working part-time ☐ Retired ☐ Student
☐ Lots of movement / active job ☐ Sedentary / desk-based ☐ Mixed / varied ☐ Other (please specify below)

5 What are your main health and wellbeing goals?

☐ Lose weight gradually ☐ Improve fitness / energy ☐ Eat more healthily ☐ Build healthier habits
☐ Feel more confident ☐ Sleep better ☐ Manage stress ☐ Other (please specify below)

6 What type of support would help you most?

☐ Regular 1-to-1 coaching ☐ Group support sessions ☐ Meal planning guidance ☐ Exercise / activity ideas
☐ Motivation & accountability ☐ App & digital tools ☐ Recipe books & resources ☐ Flexible / online support

7 Is there anything else you would like your coach to know?

Please sign and date below to confirm the information above is accurate to the best of your knowledge.

Signature

Date

Privacy & Confidentiality: The information you provide on this form is collected solely for the purpose of supporting your Slim Now coaching journey. It will be held in confidence by your coach and will not be shared with third parties without your consent, except where required by law. Slim Now Ltd is committed to protecting your personal data in accordance with UK GDPR and the Data Protection Act 2018. This form does not constitute a medical assessment. Please consult your GP before making significant changes to your diet or activity levels.



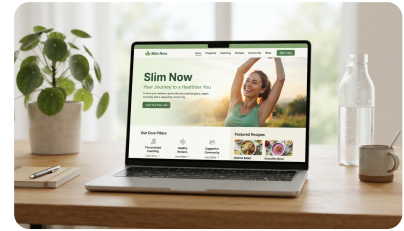
The Slim Now Book Range

Practical guides, healthy recipes and mindfulness tools to support your journey.



The Slim Now App

Track progress, plan meals and stay motivated — all from your phone.



www.slim.now

Explore programmes, recipes, community support and coaching online.



A friendly coaching conversation over coffee — your journey starts here



Mark Mills

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Your Slim Now Approved Coach
Sheffield & Rotherham
Doncaster & Worksop Areas
Online World Wide

Medical & Wellness Disclaimer

Slim Now is a wellness coaching service. We do not provide medical advice, diagnosis or treatment. The information, guidance and resources offered through our books, app, website and coaching sessions are intended for general educational and motivational purposes only. They are not a substitute for professional medical advice, diagnosis or treatment from a qualified healthcare provider.

Always seek the advice of your GP or another qualified health professional with any questions you may have regarding a medical condition or before beginning any diet, exercise or weight-management programme. Never disregard professional medical advice or delay in seeking it because of something you have read in Slim Now materials or discussed with a Slim Now coach. If you think you may have a medical condition or emergency, contact your doctor or emergency services immediately.

Individual results vary. Slim Now does not guarantee specific outcomes, and weight-loss results depend on personal commitment, adherence and individual circumstances. Claims and statements in Slim Now materials are prepared in accordance with UK ASA/CAP advertising standards and US FTC guidance on truthful, non-deceptive advertising. For World Wide Coaching Terms & Conditions Apply. See website for details www.slim.now/tc-cookies-privacy.

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