

Alison Richardson: Alison's Weight Loss Support Group

BIO

Hi, I'm Alison,

after having my children, I gained quite a lot of weight and knew I needed to do something about it, so in January 1992 I joined my local Weight Watchers group, which is where I learnt about changing my lifestyle, reducing portion sizes, being mindful of how snacking had become a habit, which then led to me losing 4 stone and have successfully maintained ever since.

I have over 30 years' experience working in the weight loss industry as a coach and mentor. In June 2021 I decided to open my own independent weight loss support groups. I am passionate about helping people change and become the best version of themselves. My members make me feel very proud and privileged to be part of their success, whether that's weight loss, becoming fitter or improving their health. Our meetings include a confidential weigh in, and weekly discussion where I offer coaching for weight loss and weight management as well as group support. Our discussions cover nutrition, mindset, emotional eating, habits, behaviours etc.

If you feel that you would benefit from joining one of my groups or having a one-to-one session via zoom or WhatsApp, please get in touch. You can be guaranteed there is no judgement, but support, motivation, inspiration, and fun.

Mobile 07742292274



See links below:

See my video on YouTube:

https://youtu.be/wmzs6tSz6Bw?si=bOzCDisaR3uUfGX_

See on Facebook:

[https://www.facebook.com/groups/1334667181280009/?hoisted_section_header_type=recently_seen&multi_permalinks=1335182267895167&__cft__\[0\]=AZV0Q44blygeRQ9JPV9iDQCf_DuhU5mYedUSho_Azb18W4dY3oJfTnaAKENINtJlmBbGurq_PVLuTNsuG5rDAbHC7-pLe_2BPiErK5uSnDmXQiVNGcqTbF2Q_ilbgCfGEqrvR-NBsp6EzAbMqv3VQv4wRCJEqoZ2v7ZyAJFa9V8v-LJ5YmYJn7jgmyQPqU8Oz5dxPZyxK44iGHRmdFgRkyk&__tn__=-UC%2CP-R](https://www.facebook.com/groups/1334667181280009/?hoisted_section_header_type=recently_seen&multi_permalinks=1335182267895167&__cft__[0]=AZV0Q44blygeRQ9JPV9iDQCf_DuhU5mYedUSho_Azb18W4dY3oJfTnaAKENINtJlmBbGurq_PVLuTNsuG5rDAbHC7-pLe_2BPiErK5uSnDmXQiVNGcqTbF2Q_ilbgCfGEqrvR-NBsp6EzAbMqv3VQv4wRCJEqoZ2v7ZyAJFa9V8v-LJ5YmYJn7jgmyQPqU8Oz5dxPZyxK44iGHRmdFgRkyk&__tn__=-UC%2CP-R)