

# onesmallstep

to a healthier you

Working with

*Rosemary* CONLEY The online weight loss club

want to help you *manage your weight*

... and become *Fitter, Healthier and Happier*

OneSmallStep is working with Rosemary Conley Online (RCO), the **online weight-loss** club to offer our members a special RCO subscription rate. Use the offer code 'onesmallstep' when you sign up to take advantage of a very preferential price for Rosemary Conley Online's monthly membership option. This works out at **just £0.99 pence per week** over 12 weeks.

To take advantage of this option, you will need to follow the Step by Step guide below and sign up to at least a 3 month membership that will give you all the support shown here to help you achieve your weight loss goal.

Allow 15 minutes to get started. All you will need is access to the internet with a PC, laptop, tablet or smartphone and your credit or debit card.

- ✓ Go to [www.rosemaryconley.com](http://www.rosemaryconley.com)
- ✓ Click "Become a member" at the top right of the screen
- ✓ Choose the monthly membership option for £12.99 per month – **(you will be putting in a discount code that will make this just £4.29 per month)** and then click "Become a member"
- ✓ Fill in the contact and account information, click on "Got an offer code" near the bottom and insert the 'onesmallstep' offer code. Then click "Become a



#### Diet plans

We have the perfect eating plan for you



#### Recipes

Over 2500 delicious and easy recipes and 700 how to cook videos



#### Food & fitness diary

Track your eating and exercise for faster results



#### Weekly weigh-in

Watch your progress with our weight-loss tracker



#### Exercises

Hundreds of exercise videos for all, whatever your fitness or ability



#### Coffee shop

Get inspired in our online coffee shop and join in discussions



#### Online coaches

Our friendly, professionally trained coaches are here to help you



#### Experts / Library / Videos

Hundreds of articles and videos from top experts including Dr Hilary Jones



#### Daily video content

Daily motivation and exercise videos from Rosemary, brand new every day

- member”
- ✓ You will then need to complete an assessment so that the RCO Coaches can best assist you
  - ✓ There is a video you can watch that will then help you get the most from your membership and coaches are on hand to help you at the click of a button

You can cancel your membership at any time after 3 months by accessing your settings and cancelling your subscription, emailing [info@rosemaryconley.com](mailto:info@rosemaryconley.com) or telephoning RCO Members' Administration on 03301 330330. The special membership rate will apply to you for a whole year so you can take advantage of this to help you achieve a positive change to your lifestyle.

*With the right help, you can lose weight in a healthy way and make very positive changes to your lifestyle that will help you be fitter, healthier and happier. At the same time there will be times like Christmas and holidays when you will slip. Don't worry, the RCO coaches are on hand to help, fellow members in the coffee shop will encourage you and Rosemary will be helping you every day with tweets, motivational videos and daily exercises. In three months you can shed those unwanted pounds, in six months, you can make a very real long-term difference and in twelve months, you will have changed your life for the better - for good!*

OneSmallStep are always here to support you with further changes you would like to make, once you are on your journey to a healthier weight, maybe you would like to look at quitting smoking or cutting down on alcohol. We can help, visit [www.onesmallstep.org.uk](http://www.onesmallstep.org.uk)