

top 10 reasons people want to lose weight

With 50 years of experience in helping people to lose weight,  
Slimming World reveals the top 10 reasons their members want to lose weight.

1 to *enjoy* having
my photo taken

2 *improve* health
problems

3 *feel good* in
my clothes

4 *move* around
with *ease*

5 *play* with my
children/grandchildren

6 *enjoy* my
holidays

7 *wear fashionable* clothes

8 *making*
day to day
life easier

9 *see my children*
grow up

10 *improve* mental
wellbeing