

No.1 IN

WEIGHT LOSS FOR MUMS

JOIN OUR HEALTHY MUMMY COMMUNITY WITH TENS OF THOUSANDS OF MUMS FOR DAILY SUPPORT



TASHEENA HAS LOST 44KG



TAWHAI HAS LOST 46KG

» Mums lose an average of 4-6kg* every month on our achievable plans

EMPOWERING MUMS TO LIVE HEALTHIER

Visit our website to learn about the interactive and customisable 28 Day Weight Loss Challenge.

- Challenge hub
- Access to over 1500 recipes
- Do-at-home daily exercises (with no expensive equipment)
- Online support from tens of thousands of other mums
- Breastfeeding safe



BREASTFEEDING FRIENDLY SMOOTHIES



VISIT LOSEBABYWEIGHT.COM.AU TO FIND OUT MORE

Join our community here  facebook.com/losebabyweight.com.au

HEALTHY WEIGHT LOSS FOR MUMS

“We are the biggest **mums only** healthy living & weight loss community”

The Healthy Mummy brand was created by mum of two Rhian Allen in 2010 after Rhian was pregnant and wanted to create a healthy solution for mums to regain health, energy and body confidence after having children.

5 years later, The Healthy Mummy Business is used by 100,000's of mums and is a trusted approach to safe and healthy weight loss and healthy living. Collectively our mums have lost over 2 million kilos!*



WHAT DO WE OFFER?

THE HEALTHY MUMMY SMOOTHIES A healthy meal replacement without any nasties and ideal for busy mums if there is no time to cook! Plus they are breastfeeding friendly and contain 24 vitamins and minerals.

THE 28 DAY WEIGHT LOSS CHALLENGE An interactive monthly weight loss challenge with 100 brand new recipes each month, fully customizable menus, shopping lists AND it's family friendly. Also includes full exercise plans – all made for BUSY MUMS.

THE 28 DAY WEIGHT LOSS CHALLENGE APP

Exclusively for Challenge Members! Available on Android & Apple.

THE POST PREGNANCY EXERCISE DVD

The No 1 post natal exercise DVD with leading Australian Physiotherapist Lisa Westlake.

OVER 22 FAMILY FRIENDLY RECIPE BOOKS

Including The Chocolate Cookbook, Healthy Kids Cookbook, Under 15 Minute Meals and Vegetarian Cookbook.

HUGE SUPPORT GROUP OF MUMS

Private Facebook group with over 50,000 like-minded mums for daily support encouragement and inspiration. See our private support group here www.facebook.com/groups/losebabyweight

YOU CAN DO ONE OR ALL. THE CHOICE IS YOURS!



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*Based on over 100,000 mums recording their results on our website in 2014 & 2015