



Who We Are

At Morelife, we empower individuals on their health journeys by using a scientifically backed approach.

We co-create our programmes with the individuals who use them so our programmes are both expert led and client led.

Getting Started

Week 1

What we do:

We talk about past diets and set simple goals. You start a food diary.

You will learn to:

- Understand why diets don't always work
- See how tracking food helps weight loss
- Set small, clear goals
- Start noticing your eating habits

How Weight Loss Works

Week 2

What we do:

We explain how weight loss really works in a simple way.

You will learn to:

- Understand calories and energy balance
- Set a healthy weight loss goal (5-10%)
- Track what you eat
- Make better choices using labels and portions

Why We Eat

Week 3

What we do:

We look at what affects your eating habits.

You will learn to:

- Understand that weight is not just about food
- Spot what triggers your eating
- Think about what matters to you (your values)
- Focus on what you can control

Moving More

Week 4

What we do:

We find easy ways to be more active.

You will learn to:

- Know what counts as activity
- Understand why sitting too much is a problem
- Spot what stops you from being active
- Find simple ways to move more

Eating Well

Week 5

What we do:

We look at food groups and how to eat in a balanced way.

You will learn to:

- Understand the main food groups
- Build balanced meals
- Eat more regularly
- Look at your own eating habits

Changing Habits

Week 6

What we do:

We help you change habits that hold you back.

You will learn to:

- Understand how habits work
- Spot good and bad habits
- Break old habits
- Build new, healthy ones

Check-In Week

Week 7

What we do:

We look at your progress and help you stay on track.

You will learn to:

- See what's working well
- Reset your goals
- Understand things like hydration and alcohol
- Try mindful eating

Thoughts & Mindset

Week 8

What we do:

We look at how your thoughts affect your actions.

You will learn to:

- See how thoughts, feelings, & actions connect
- Spot unhelpful thoughts
- Learn how to challenge them
- Build a more positive mindset

Emotional Eating

Week 9

What we do:

We talk about eating when you're not hungry.

You will learn to:

- Tell the difference between hunger & emotions
- Spot emotional eating triggers
- Pause before acting
- Choose better ways to cope

Stress & Sleep

Week 10

What we do:

We explain how stress and sleep affect weight.

You will learn to:

- Understand how stress affects eating
- See why sleep matters
- Spot your stress triggers
- Improve sleep and relaxation

Real Life Situations

Week 11

What we do:

We help you deal with social situations.

You will learn to:

- Handle eating out and social events
- Deal with pressure from others
- Speak up for yourself
- Stay on track in real life

Moving Forward

Week 12

What we do:

We help you plan for the future.

You will learn to:

- Keep your progress going
- Handle setbacks
- Make a long-term plan
- Feel confident moving forward

