

JOIN NOW AND YOU WILL RECEIVE MEMBERSHIP TO  
A WEIGHT LOSS (AND MANAGEMENT) PROGRAM THAT

The  
 **chooz to looz**™  
WEIGHT LOSS PROGRAMME



**YOU LOSE WEIGHT AND  
MAINTAIN THAT WEIGHT**

OR WE REFUND YOUR MONEY IN FULL And we know IT WORKS!



CONSULTANT DIETITIANS NUTRITIONISTS

**CARON MILHAM & Associates**

HEALTH AND WEIGHT MANAGEMENT

*Our program not only focuses on the mechanics of weight loss, such as diet and exercise, but we work with our clients on the psychological reasons behind positive and negative eating habits and health management. Our philosophy is not about helping you lose weight quickly just to have you put it back on when you finish the program. Our program will teach you how to develop a healthy lifestyle and provide you with the support you need to manage and maintain your ideal weight permanently.*

## HOW DOES THE chOOz to looz PROGRAM WORK?

Before your first group meeting, you will have a personal, individual consultation with a fully qualified Dietitian, to assess your needs, discuss your program and answer any questions.

She will identify your current eating habits, food likes and dislikes and other concerns and provide you with **initial personalised advice**. Your **goal weight** will also be evaluated practically and realistically.

A nutritious **weight loss plan** will be developed for you including a **personalised menu plan** and daily food guide, to suit your hunger levels, lifestyle, tastebuds, eating habits and usual meal routine, as much as possible.

You will receive **further instruction, motivation and support** with **3 more 1 to 1 Dietitian consultations**, by completing our **digital course**, attending our **live group workshops** and participating in our **private facebook group community** to assist you with developing **lifelong weight management skills**.

*chOOz to looz offers a **money back guarantee\*** if you do not lose sufficient weight during the one-year program.*

You benefit from our experience, and you will have the confidence from knowing that the **chOOz to looz program**, has been devised by a **fully qualified Dietitian with over 30 years' experience** with assisting people lose weight. Caron Milham and Associates is a private practising group of Dietitians in South Australia, (Est 1985).

Accredited  
Practising  
Dietitian



Caron Milham is the principal Dietitian and the creator of the chOOz to looz program.



# HOW DOES THE chOOz to looz PROGRAM WORK?

*Chooz to Looz takes the Guess work and the Hard work out of losing weight !*

Instruction, motivation and support is provided by videos, workbooks, PDF's, templates, 1 - on - 1 and group coaching sessions and a private Facebook community!

**BONUS 1**  
3 x 1:1 DIETITIAN CONSULTATION

**BONUS 2**  
HEALTHY COOKING GUIDE - RECIPE BOOK

**BONUS 3**  
FOOD TRACKER SYSTEM & WEIGHT LOSS GRAPH

**BONUS 4**  
FRIDGE PANTRY

**BONUS 5**  
LOSE WEIGHT IN 'LOCKDOWN' BOOK

**BONUS 6**  
MINDSET MATTERS GUIDE

**BONUS 7**  
3 MOTIVATIONAL & INSPIRATIONAL PDF'S

**BONUS 8**  
MOTIVATION MAXIMISER' AUDIO

**chOOz to looz**<sup>®</sup>  
DIGITAL COURSE

**1:1 DIETITIAN CONSULTATION**

**GROUP LIVES and Hot Seats**

**GROUP COMMUNITY**

**Meal Plan**  
**Chooz to Looz**  
**PERSONALIZED PLAN**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	4-Week Revolutions
<b>Breakfast</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Breakfast</b> 1 smoothie with 1 banana, 1/2 cup blueberries & 1 banana	<b>Breakfast</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Breakfast</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Breakfast</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Breakfast</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Breakfast</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Meal Plan</b> 4-Week Revolutions
<b>Lunch</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Lunch</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Lunch</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Lunch</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Lunch</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Lunch</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Lunch</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Meal Plan</b> 4-Week Revolutions
<b>Dinner</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Dinner</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Dinner</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Dinner</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Dinner</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Dinner</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Dinner</b> 1 slice wholemeal toast with 1 tsp margarine & 1 banana	<b>Meal Plan</b> 4-Week Revolutions

## WHAT WILL I LEARN FROM chOOz to looz?

- ✓ How to choose the **right weight loss motivators**, get the '4P's' and build **strong weight loss foundations** to ensure long-term weight loss success.
- ✓ Tips and techniques' to **feel good, look great** and have more **confidence** before you begin your weight loss journey.
- ✓ How to lose weight **permanently, safely, and easily WITHOUT hunger, deprivation**, eating differently to the family or having to purchase special foods.
- ✓ How to plan and **vary your daily menus** to suit your lifestyle, hunger levels, tastebuds and social agenda.
- ✓ How to **balance your nutritional intake** for health and easy, optimal weight loss
- ✓ How you can include even your **favourite indulgences** like **chocolate** or **alcohol** and still succeed with losing weight
- ✓ Easy ways to **modify your existing recipes**, the best cooking methods to use together with **new, easy and tasty recipes**
- ✓ 'How to incorporate **commercial foods** into your program, by learning how to interpret food labels, nutrition tables and ingredient lists.
- ✓ How to manage to lose weight and still **dine out** and have 'take aways' while on your chOOz to looz program.
- ✓ 'How to manage **'tricky times'** like Christmas, holidays, easter celebrations and cold weather.
- ✓ 'How to **manage people** who 'erode' your motivation to lose weight and those who can help you lose weight.

## WHAT WILL I LEARN FROM chOOZ to looz?

- ✓ Why exercise /movement is important and how much, how often and how hard and the best exercises for fat loss
- ✓ How you can **devise your own personal exercise (or activity) program** and how to stay motivated to 'stick with it'.
- ✓ How to **keep your motivation strong** through all phases of the weight loss journey including when the 'going gets tough', when faced with temptation or if you have a 'backslide'.
- ✓ Identify, understand and then **manage your eating habits**. Learn how to manage **your environmental** ( external) and **emotional** ( internal) **triggers** that lead you to 'turn to food' even if you're not truly hungry.
- ✓ How to know when to start eating and know when to stop.
- ✓ Learn about 'Intuitive' and 'mindful' eating and how this helps **maximise food pleasure** without excessive calorie intake for easier weight loss.
- ✓ How to **identify the 'type of hunger'** you have and how to satisfy it, for weight loss success. You will learn the difference between visual, jaw, taste - specific and stomach hunger.
- ✓ What a 'Pleasure Pie' is, whether your reliance on oral (or food) pleasure is excessive, how this effects your success with weight loss and how to manage this.
- ✓ 'How to use **positive affirmations** and **creative visualisation** for weight loss success.
- ✓ How to **maintain your weight** on your own, once you lose it. **PLUS much more!**

## WHY WAS THE **chOOZ to looz** PROGRAM DEVELOPED?

After seeing more than 10,000 clients over 14 years, I (Caron Milham) realised that a lot of people by the time they got to me, had spent several years of their life in the process of the 'yo-yo' syndrome, having tried everything from meal replacement powders to the latest fad diets. They were often very unhappy, had a low self-esteem and many ended up bigger than when they first started dieting.

I developed the **chOOz to looz** program for people who have 'been there and done that', felt that they were the ones that had failed when in fact, it was **their diets that had failed them**.

I have now been running the *Chooz to Looz* program for over **30 years** and over time, it has evolved, been updated, expanded, and diversified. We can now offer people all over the world, the opportunity to participate in **Chooz to looz**, from the safety and comfort of their own homes!

## WHAT IS DIFFERENT ABOUT THE **chOOz to looz** PROGRAM?

Firstly, our mission is **permanent weight control**. To help people stop, once and for all, the all too common, 'yo-yo' like syndrome (ie: Repeated weight loss and weight gain) year in, year out.

Secondly, **chOOz to looz** is **effective and safe** as the program has been developed by a qualified, experienced **Dietitian** and offers up to date professional knowledge. Also, everyone has their own **personalised menus**, devised by a qualified Dietitian who specialises in Weight Reduction and Weight Management.

Thirdly, **chOOz to looz** is **individually tailored**, and we keep to small groups to ensure results, **personalised care** and an **easy-to-follow** format.

## CAN YOU GIVE ME AN OVERVIEW OF THE chOOz to looz PROGRAM?

After you have joined the chOOZ to looz program ...

You will be invited to and introduced to our private Facebook Weight Loss group. You have free access to this group for the whole year to receive community support from other group members as well as from Caron Milham. This group will also provide motivation and accountability and is where you have the ability to ask questions and receive answers anytime.

You will also receive your chOOz to looz Course 'Onboarding lessons' and 'Starter pack', and your first individual consultation with the Dietitian will be scheduled.

Then, you will have your first individual consultation with the Dietitian which will include a Full Diet & Lifestyle Assessment (so your personalised program and menu plan can be devised) and personalised advice.

After your Dietitian consultation, every 2 weeks, for 48 weeks, you will get access to a recorded video, that you can view in your own time. Workbooks for exercises or some further literature / audio files, on topics discussed is often provided for you with these lessons. At the end of some weeks, you will submit your work for my review. I will provide you with feedback for you to implement.

After your Dietitian appointment, you can also attend 22, 1 hour live workshop sessions, which are held once every 2 weeks, via Zoom. Each one-hour workshop includes topical discussion and/or a practical workshop session and a 'caring and sharing' group support session. Learning, understanding, and skills are developed and reinforced through discussion of principles and practical examples, group and individual exercises, plus personal and specific case studies. At these sessions you can also have your questions answered live and worksheets from previous lesson(s) may be discussed. Videos of these sessions are available to you as well.

Over the year long program, you will receive 3 more 1:1 Dietitian Video consultations to ensure optimal results, personalised care and private support with any struggles you may be having.

## Heres what some people say about chOOz to looz



"I've lost 14kg (30 lbs) and have kept them off !"

"I have made massive changes to my eating and exercise habits and have never returned to my 'old habits'. After 12 months on the Chooz to Looz™ program I have more energy, better self-esteem and people at work think I'm having a 'mid-life crisis'. I have changed my hairstyle, lost weight and bought youthful, fitted clothes.

I have benefited from the Chooz to Looz™ program as there is education about why you need to do things as well as how to do them, with regards to food and exercise. As well, you get support and feedback from others too – better than just getting weighed – as with other weight loss programs."

**-Judy Aikman**



I've lost 21kg ( 46 lbs ) and I'm maintaining my goal! "I found the program valuable because of being able to discuss problems with a small group of people, sharing ideas and encouraging each other.

The group leaders have proved to be very good motivators and encouragers. They have given clear instructions and good lectures."

**-Rhonda Richardson**



## Heres what some people say about chOOz to looz



"I 've lost 19.6kg (43 lbs.) and have maintained my loss".

"Overall, I have felt much better – more energetic, confident and able to cope with stress better. I have noticed improvements in my skin and hair condition and feel much younger.

The most valuable part of the Chooz to Looz program and the counselling sessions with the Dietitian is the scientific/professional advice and the Dietitians encouragement. I have found Caron to be very knowledgeable but approachable, realistic and motivating."

**-Jennifer Hilterbrand**



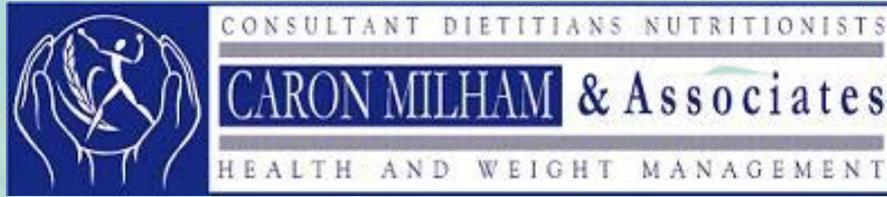
"I have lost 20.8 kgs. (45 lbs.) and dropped 3 - 4 clothing sizes!"

"I am not as tired, and my general health has improved – some reduction in back pain and reduced blood pressure. I'm actually doing more in my day with increased demands. The comments from others on my appearance are positive.

The 'exchange' program worked well overall and I'm confident now with substituting my foods. I chose chocolate in my 'Extras' allowance. I know it's for life. I can't think of any improvements that could be made with Caron's service."

**-Deborah**





*"Providing, professional, personalised and permanent solutions to empower you to maximise your pleasure from food, health and life"*

For more details about *Chooz to looz* or to join  
Email : [cmilham@milhamdietitians.com](mailto:cmilham@milhamdietitians.com)



**\*Our Money Back Guarantee.**

If you attend at least 20 out of the 24 live group sessions and have followed the **chOOz to looz** program and you do not achieve and maintain your first goal weight\*\* by the end of the course, we will give you back your total investment!

**\*\*Your first goal weight** is determined by the Dietitian at your first appointment. She will determine a safe, realistic weight loss that is achievable for you by the end of the course.



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