



Charlee Spence 25

“I have **lost 4-6lb!** I have Defo lost 3 cm from my waist my work trouser today had excess room everywhere :))) very happy”



Leila Mounji 32

“I really enjoy my cans of Aspire and actually have noticed im drinking less diet coke as Aspire gives me the fizzy drink fix. I weighed myself Monday morning and to my shock, and I checked on 3 sets of scales lol, **I have lost 12 lbs.** I took my weight Sunday the 13th and I was 17st 12 lbs and when I did it Monday morn I was dead on 17st. Loving this challenge and making me feel great!”



Deborah Hadley 34

So far so good, had a bad week last week , so wasn't the healthiest, but back on track this week, despite the night out last night! **Down 4 pounds**, so very happy so far! Could easily get hooked on this stuff, so delicious and refreshing!



Melanie Butler 42

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meals							
Breakfast	(out straight after school run to drop baby stuff off)	4 quorn sausages, beans, hash brown, 2 eggs, cup of tea	not hungry	crunchie nut cornflakes semi skimmed milk	not hungry	1 slice toast with nutella	not hungry
Lunch	morrisons meat free breakfast, diet	not hungry	not hungry	KFC chicken burger	scampi chips peas	not hungry	prawn s/w brown bread salad cup of
Dinner	quorn stir fry egg noodles	(night out) pot skins, chicken kiev with chips, diet coke	thin crust veggie pizza, pot wedges	chicken hotpot	chicken fajitas	fuller for longer fish with bhaji top	steamed salmon and broc pasta
Snacks		tassimo hot choc	choc cookie	3 jaffa cakes		crunchie	
Exercise							
Cardiovascular	45 minute cardio at home (DVD)	shopping in metrocentre 3 hours	walking with pram 30 minutes and		45 minutes cardio at home (DVD)		sledging with 4 kids, 2 sledges and a pram
Strength							
Aspire							
When?	12.00 18.00	7.00 17.00	8.30 18.30	10.00 17.30	9.30 18.30	18.00 19.30	9.00 20.00
Thoughts on Aspire (taste, how it makes you feel etc)	taste : okay	I have energy - I was still awake and functioning at 10.30pm whereas I would normally be going to bed at 8.00pm due to feeling bored and not having the will to do anything	tonight after the kids went to bed I made 3 candles and a memory jar- I haven't had the inclination to do anything in weeks, if not months. I enjoyed doing them and my mind was running away with what else I can do :)	my friend wants to know why I'm so happy!! Even if I don't lose a lot of weight or cms the way I feel in myself is brilliant	If I remember to have my first can before the morning school run, I do not feel hungry and to be honest I am probably only eating so much as I'm meeting my dad and there's a cafe and it's 'that time of the month'	I know I still have a weeks worth of cans left, but I was passing Holland and Barrett and the buy one for a penny offer is on so I've bought more cans for when they run out	Never mind making a few bits and bobs, I've started my own website and launched it on Facebook. I haven't felt this good in a long time!

**“An Amazing
5lb weight loss
and 1cm round
her waist”**

<u>Weight</u>	<u>Waist Measurement</u>
Start: 14st 3lb	Start: 39.5cm
Week One: 13st 14lb	Week One: 39.0cm
Week Two: 13st 12lb	Week One: 38.5cm



Kerry Simpson 44

**“I have lost
7lbs and 5cm
from my
waist!”**

“Despite being very sceptical at the beginning, standing on the scales this morning and seeing the results has made me a fan: **I have lost 7 pounds and a total of 5 cm from my waist.** I have been relatively good with my food intake and done a bit more walking with the buggy but not enough to warrant this much impact. Unfortunately I'm still about 50 stone away from looking like a supermodel, haha! But I am feeling motivated to keep trying unlike most diets where I'm reaching for the cake by week 2! The husband has also commented that I have more energy (repainted the kitchen and attacked the wiring last week!!) and am much happier in the mornings so he is a fan as well! Fingers crossed that next week goes this well - am starting zumba :) “

Weight	Waist Measurement
Start: 14st 13lbs	Start: 110cm
Week One: 14st 6lbs	Week One: 100cm
Week Two: 14st 2 lbs	Week Two: 97cm

WEEK 1 FOOD DIARY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meals							
Breakfast	plain yoghurt + granola	plain yoghurt + granola	BelVita breakfast biscuits	BelVita breakfast biscuits	plain yoghurt + granola	plain yoghurt + granola	2 poached eggs on dry toast
Lunch	soup	soup + banana	soup + low fat garlic bread	ham & cheese wrap. Banana	soup + banana	ham and cheese triangle roll	crusty ham roll, cherry toms, 2 mini kiev bites
Dinner	fish pie + carrots (WW)	sausage casserole + baked sweet potato	Tuna steak and chili spaghetti	breaded chicken, sweet potato	cod in parma ham, parsnip chips & handful almonds x 2	chilli & rice, small slice birthday cake	shepherds pie & broccoli
Snacks	carrot sticks + handful almonds	handful almonds	handful almonds, cheese string,	3 squares dark chocolate		handful almonds	clementine
Exercise							
Cardiovascular	50 mins walking with double buggy	50 mins walking with double buggy	15 mins walking with double buggy	60 mins walking with double buggy	mins walking with double buggy	20 mins Wii Zumba class	1 hour walk in snow carrying baby; 20 mins
Strength							
Aspire							
When?	06.40 + 15.45	06.30 + 15.20	08.25 + 15.45	09.30 + 15.45	07.45 + 16.00	08.00 + 16.00	08.15 + 16.00
Thoughts on Aspire (taste, how it makes you feel etc)	Tastes better than expected. Feel energised and motivated for the first time in ages!	Seems to be giving me lots of energy too :) I even repainted the kitchen the other day while the babies slept.					

WEEK 2 FOOD DIARY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meals							
Breakfast	cinnamon bagel	Bel Vita biscuits	cinnamon bagel	BelVita biscuits	Granola + fat free yoghurt	granola + fat free yoghurt	BelVita biscuits
Lunch	breadsticks, carrots + houmous	chicken noodle soup, banana	1/2 smi baguette, houmous, tom soup	houmous baguette and toms	spiced butternut soup	ham + cheese triangle sandwich	tomato soup
Dinner	Spanish chicken + couscous	tortellini + veg sauce	battered cod piece, baked pot, peas	skinny beef lasagne	skinny chilli + 2 tortillas	veg pasta + 2 small slices pizza	Quorn bolognese, low fat garlic bread
Snacks	almonds, mini kiev bites	none		slice Soreen, almonds	skinny lemon muffins x 2	carrot sticks, skinny muffin	skinny muffin x 2, handful chilli crisps
Exercise							
Cardiovascular	20 mins Wii Zumba + 15mins walking	40 mins walking with double buggy	40 mins walking with double buggy	Walking 20 mins	30 mins walking with double buggy	none	20 mins Wii Zumba
Strength							
Aspire							
When?	10.30 + 4.05	10.00 + 3.20	8.00 + 4.00	9.00 + 3.45	8.30 + 3.30	9.00 + 4.30	9.00 + 4.30
Thoughts on Aspire (taste, how it makes you feel etc)	Finding it isn't giving me the boost it did last week. Still seems to be working though and tastes just as good.						



Emma Walters 32

“I have been trying to lose my 'baby weight' since Christmas. I did ok in the first month by watching what I ate, and I lost 3lb. I saw Aspire on facebook and thought I would give it a try. I drank 2-3 a day and after stepping on the scales today **I have lost another 10lb in 6 weeks**, over double what I lost in the first month!!! I'm so happy with the results and I am nearly at my goal weight thanks to Aspire”



Paula Hopkinson 31

“I was very sceptical about trying a drink that would help me lose weight as I had tried slimming and diet drinks in the past. However, after gaining two and a half stone since the birth of my two children, I was willing to give anything a try! I started drinking Aspire and found the flavour refreshing.

Now, almost one year later, I am 2 and a half stone lighter! My friends can't believe how much weight I have lost. I am so glad I ignored my scepticism and tried Aspire. I urge people to give it a go, it really does work.”



Caroline McGovern 35

“I have had great success with Aspire. I have only been drinking Aspire for just over 3 weeks but in that time I have lost 10lbs. I must admit, I was a bit dubious at first. There are so many slimming aids out there promising weight loss, believe me I've tried a lot of them and had no success but this sounded different. The drink is so refreshing and has a really lovely taste I love cranberry anyway so the flavour was an added bonus. My hubby-to-be has also started drinking them after he pinched one of mine and really likes them too. Thanks Aspire, I am so glad I trusted my instincts and look forward to having even more success with you. I would recommend you to anyone! ”

Kat O'Sullivan, 34

"I started drinking Aspire drinks in January 2012. Like every other year I begin the New Year by promising myself, "This is going to be the year I lose weight and keep it off" but by the beginning of February (if I'm lucky to last till then), my interest has waned and my will power has gone.

This year has been COMPLETELY different, I am finding Aspire a fantastic help in my battle against the weight. I am sticking to my diet, love the drinks and find with them I have lost so much weight already. All I can say is try it for yourself, I promise you won't be disappointed with the results, make 2012 your year to finally win the battle of the bulge!"

Donna Reid, 42

"I am a 42 year old lady who has been trying to get her weight down by a stone. During the week my diet is 100% healthy and I work out for 1 hour a day (most days!) after work. However my weight has stayed the same. Although I am more toned, so still a bonus. I wanted to lose the stone that has crept on over the years so was disappointed at my lack of weight loss. Holland & Barrett send me special offers from time to time and I buy their magazine which is where I saw Aspire at 'Buy One Get One Half Price'.

Every day I have a couple of bottles of plain water at my desk (I work 9 - 5) and I thought it would be a good idea to swap one boring bottle of water with 1 can of Aspire. So 2 weeks ago that's what I did! I drink one in the afternoon around 3pm. Then I leave work at 5pm and go straight to the gym. I have lost 7lb in the 2 weeks since drinking the cans and feel that Aspire, coupled with my usual exercise routine, has kick started the weight loss. Now I am hopeful that I can get to my desired weight and keep it off."

Social Media Posts



facebook.com/aspiredrink



@AspireDrinks

Amy Lou “I started drinking aspire drinks in February this year, after having my little girl my baby weight literally stayed on so thought I'd try them an since I have lost 4 stone :) so happy with them! Drink them everyday “

Kath Fitzgerald “It’s the first time I can say it does what it says on the can!”

Victoria Lawrence “I love Aspire as it wakes me up in the morning and I also drink a can before my Zumba class which invigorates my body before dancing around like a loon lol . when I have run out I feel sad please will you send me a crate. I also tell all my clients at the salon and they use it in conjunction with there beauty treatments”

Lilly Kiss “It’s like a booster for me, I drink it when I feel tired or just before the gym or the housework!! It does work! I love it!! And the taste is really good 😊”

Nikki Graham “I've just discovered Aspire after a lovely friend gave me a can to try....I was apprehensive and being on Weight Watchers was also worried about pro points blah, blah (!!) but WOW, delicious and 0 pro points - life's good!!”

Karen Thompson “They are the best drinks I have had in a long time, ((actually having one now)) sparkling and very refreshing, I will definitely going back for more ((and, I don't usually like cranberry drinks))
From now on I think they will be my main soft drink, I'm being honest, I would recommend people to give them a try.”

Helen Ryan “I was one of the lucky winners to receive a case of Aspire and I have enjoyed every drop of it!! Lovely every time drink, especially cause I am a cranberry fan as well, very little calories, refreshing and fat burning!! Guilt-free pleasure!! Thank you!!”

Rosalind Driver “Vodka and Aspire is heaven so 100 calories for a large vodka so you still loose 107!!!!!!!!!! I call it Aspiration!!!!!!!!”

Stephen Norrie @Stephen_Ess_Jay @AspireDrinks

We sell Aspire at the Holland & Barrett I am a supervisor for and thanks to Aspire I've dropped 3 belt loops in 6 weeks!

PTMollie@AspireDrinks After daily consumption of your drink + little more strength training, my body fat is down to 25.5% today. #results

StaceyVernon @AspireDrinks just emptied my local Holland and Barrett

@Eilidh_Taylor "Frantically searching the work fridge for my afternoon @AspireDrinks need to burn the calories and an energy boost!"

E MM @Brill_Brunette: @AspireDrinks
Morning beauts! Stocked up on my cans of Aspire at the weekend x