



LOUISE PARKER

LIFE-CHANGING, LASTING, RESULTS WITH **TRANSFORM**

Burn body fat, sculpt your body lean and learn new habits to make it last a lifetime. Our tailored programmes include in-depth 1:1 coaching to give you all the tools you need to **TRANSFORM in just 6-weeks.**

- > Weekly 1:1 expert dietitian consultations
- > Tailored your personal training to match your nutrition
- > Personalised food plan with over 100 recipes
- > Reset your habits and routines
- > Lifestyle coaching for exercise, sleep and stress
- > Lose up to 1kg of body fat each week
- > Available worldwide



LOUISE PARKER
FOUNDER

The Telegraph

TATLER



People

Good Housekeeping

WHY IS **TRANSFORM** DIFFERENT?



INTELLIGENT
PROGRAMME

- > Weekly 1:1 consultations with your expert dietitian
- > Unique 4-pillar Louise Parker Method (LPM)
- > Learn the science of lasting weight loss
- > Medical-grade body composition measurements
- > Expert personal training integrated to boost results



EXPERT
NUTRITION

- > Optimised food plan for your lifestyle
- > 100+ recipes and on-the-go meals
- > Meals that work for your whole family
- > Vegetarian, vegan, gluten-free plans
- > Expert support for medical conditions



DESIGNED
FOR YOU

- > The motivational tools you need for success
- > Re-wire behaviour patterns and reset habits
- > Sustainable exercise advice based on what you enjoy
- > Weekly planning to manage your progress
- > Award-winning method used for over 20-years



WILL TRANSFORM WORK FOR ME?



“This isn’t a weight loss program, its a life program that helps busy people learn to LIVE beautifully—something that people forget.”



“I’ve tried so many diets but none have stuck and had any lasting change. Discovering the Louise Parker Method has been the key that has unlocked my transformation”



“I am so much stronger, leaner and fitter than I have ever been and for the first time in years am confident in my own body shape.”



“12 short weeks ago, I vaguely said the dream was to weigh 8 something....well the dream is real! This feeling is priceless!”

POPULAR TRANSFORM PROGRAMMES

TRANSFORM

6- or 12-weeks

Immersion in LPM

Weekly consultations

Available worldwide

Lose up to 1kg / week

From £1,600

TRANSFORM OPTIMUM

6-weeks

Most popular option

Weekly consultations

12 X 90-min bespoke PT

Body composition results

From £3,000

TRANSFORM INTENSIVE

6-weeks

Signature programme

Weekly consultations

24 X 90-min bespoke PT

Drop 2 dress sizes

From £4,500

TRANSFORM 360 ANNUAL

Annual programme

All 3 Phases of LPM

Total lifestyle reset

Available worldwide

Bespoke plan

From £7,500

HOW DOES TRANSFORM WORK?

- > 60-minute initial consultation to tailor your programme, in-person or FaceTime
- > 90-minute food plan. The science, structure and recipes that work for you
- > 6- or 12-weekly consultations either in-person or FaceTime with your dietitian
- > 12-week programme includes 6- and 12-month follow-up consultations
- > Boost results with our bespoke personal training tailored to your programme
- > Expert coaching for tricky situations, motivation and any questions you have
- > Ongoing support options to take you to your goal and into the lifestyle phase





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PROGRAMME OPTIONS

	WALTON STREET	HARRODS
TRANSFORM 6 WEEKS (Dietitian)	£1,600	N/A
TRANSFORM 6 WEEKS (Lead Dietitian)	£2,400	£2,400
TRANSFORM 12 WEEKS (Dietitian)	£2,400	N/a
TRANSFORM 12 WEEKS (Lead Dietitian)	£3,600	£3,600
TRANSFORM 360 (Dietitian)	£7,500	N/A
TRANSFORM 360 (Lead Dietitian)	£11,000	£11,000
PERSONAL TRAINING	£90 / hour*	£125 / hour*
SMALL GROUP FITNESS CLASSES		£30 / session

* Package discounts available

SIGNATURE PACKAGES

TRANSFORM 6 'OPTIMUM'	£3,000	£4,550
TRANSFORM 6 weeks plus 12 x 90-min personal training sessions		
TRANSFORM 6 'INTENSIVE'	£4,500	£6,500
TRANSFORM 6 weeks plus 24 x 90-min personal training sessions		
DIETITIAN CONSULTATION	N/A	£295 / hour
LIFESTYLE ASSESSMENT	N/A	£750
LOUISE PARKER RETREATS	Please contact for more information	