

Level 1 service provider	Average baseline weight (kg)	Average weight loss (kg)	Average % of body weight lost
Morelife	103.7kg	4kg	3.8%
Second Nature	103.4kg	5.4kg	5.2%
Slimming World	103kg	4.3kg	4.2%
Xyla H & W	101kg	3.3kg	3.3%

# Weight Management Comparison Guide

**British Standards Institution**



## **Weight Management Comparison Guide:**

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