

# LOSALT® @



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## ROSEMARY CONLEY

Well known Rosemary Conley Diet and Fitness Clubs have been teaming up with LoSalt® this summer to promote salt awareness as part of a healthy diet.

Rosemary Conley Clubs run classes for ladies all over the UK to help and support women to lose weight while improving their health and lifestyle. (Rosemaryconley.com).

LoSalt® have provided franchises all over the country with samples and educational materials to educate their members that low sodium salts, such as LoSalt®, are important in the battle against high blood pressure and other heart related illnesses.

### IDEAL WAY TO REDUCE SALT INTAKE

Sarah Skelton, Franchisee for Rosemary Conley Diet & Fitness Clubs (Norwich & District) introduced her ladies to LoSalt. *“As a diet & fitness instructor I am constantly looking for ways to help my client's improve their health and lifestyle.*

*“LoSalt® is an ideal way to reduce our salt intake without compromising on taste. All of my members have been given LoSalt to try and the feedback was excellent!”*



THE NORWICH AND DISTRICT ROSEMARY CONLEY CLUB

### GREAT RESULT

Southampton's Julie Cumner explains that *“although our diet looks at reducing the amount of fat eaten to aid weight loss, we are also keen to improve and promote healthy eating. Replacing salt with LoSalt® is a great way to cut down on the amount of salt eaten.*

*“We couldn't taste any difference either so great result!”*

Should any other Diet and Health clubs wish to use LoSalt® materials in their salt-awareness education, feel free to contact us.