



75 Days of Structured Change



Nutrition, movement and coaching
for patients who need support beyond
the prescription pad.

100%

PARTICIPANTS
LOST
WEIGHT

11.4
kilos

AVERAGE
WEIGHT
LOST

-4"

AVERAGE
WAIST SIZE
REDUCTION

A Proven System.

Not a quick fix.

Everything a patient needs to change how they eat, move and think, in one programme with a clear beginning and end.



A structured 75-day programme, run in waves, not an app people quietly abandon.



Whole-food nutrition: meal plans, recipes and portion guidance that fit real life, not restrictive dieting.



Progressive home exercise, building strength while weight comes down. No gym required.



A named coach and a real community – accountability that outperforms willpower alone.



Available in vegan, vegetarian and allergy-friendly versions, making healthy eating work for everyone.

Eat

Whole-food meals and recipes.

No calorie obsession, no bland diet food. Portion guidance that's easy to teach and easy for a patient to follow.

Vegan, vegetarian and food intolerance routes throughout, written for real kitchens, not clinics.

**“I never
felt hungry!”**

- Participant feedback, 2026





Move

No gym required.

Progressive video-guided home workouts that build strength as well as reducing weight.

Difficulty adapts to real starting fitness, not an assumed baseline.

Thrive

Support that doesn't disappear.

A community of people on the same 75-day programme with a coach that knows your name.

Structured accountability, not generic encouragement.

Confidence and energy-building alongside the physical change.

100% Lost weight and reduced their BMI

92% Would recommend to a friend

85% Felt more confident after the programme

76% Reported more energy in day-to-day activities



Let's find your first patient together.

We built The Six Pack Revolution to give patients the wraparound care that closes the gap between diagnosis and lasting change, with medical input from our advisory team of GPs, psychologists and nutrition specialists.

Scan the QR code to request pamphlets for your surgery, find out about our menopause-specific Pause programme, or arrange a chat about starting a pilot referral pathway.



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