



ARE YOU PLANNING ON GOING ON A DIET WITH A FRIEND OR COLLEAGUE?

Channel 4 are looking for couples (friends, family members, colleagues) who would like to embark on a weight loss challenge together!

If you're thinking of going on a diet over one of the three time frames below, we'd love to hear from you:-

- A 10 day diet. Perhaps you have an event coming up like a party, a red carpet event, or a date for example.
- A 6 – 8 week diet: You may be trying to lose weight for something like a holiday or a job interview.
- A 4 - 5 month diet: you want to be a 'new you' in several months' time.

*London-based TV production company **Little Gem** is interested in finding pairs of people (friends, colleagues, family members) who are going on a diet for an upcoming event. If this is you, please email: diets@littlegem.tv*

