

Online Weight Loss Programs - Reviewed

There are many subscriber programs available both online and in the real world for dieters. In order to help choose one or just learn more about them in order to help round out your daily life and coordinate your activities, foods - - i.e. perfect diet lifestyle, here are some of the membership programs available.

South Beach Diet - Online at www.southbeachdiet.com , the South Beach Diet , developed by a cardiologist named Dr. Arthur Agatston, boasts being not about low-fat or low-carb. But rather they teach you about the right carbs and the right fats. Subscribers receive daily tips, recipes, guidance from Dr. Agatston, tips to stay on track, and tools to track your dietary goals, weight and progress track, and program phase. They also receive nutritional tools and a meal planner and scheduler to log daily meals and plan for meals up to a week ahead.

A handy online Shopping List Generator is also available for members for quickly and automatically creating and printing out lists. And message boards and a journal are also handy subscriber tools. Through posts, dieters and share recipes, motivation, advice, success and failure stories and support one another. And they can journal via online progress diary entries and read how their fellow members are doing.

eDiets - Online at www.ediets.com , eDiets offers a wide range of dietary planning by combining well known company program options (like Atkins and Slim Fast) and others- including their own - and personalizing the delivered end product or comprehensive diet plans right to you. They feature email, ezine news, helpful articles, recipes, menus and tips.

eDiets also offers options. You can add an online personal trainer package with community boards, customizable fitness planning, live support, mentors, chats and experts to help you along. The virtual trainer shows step-by-step exercise routines so that you can watch on your computer screen and then copy the movements in the privacy of your own home or office. And the package can be tailored personal fitness goals, health issues and exercise preferences. You can also opt to add an online anytime-meetings 24/7 package with reviews of the latest nutritional products on the market. Or you can opt to add a recipe club package with over 2,000 recipes, grocery list aids, recipe finder and other dietary planning solutions.

Mix and match, upgrade or downgrade options at any time. They focus on offering a combined health, nutritional and lifestyle for helping with the perfect diet plan.

Atkins - Atkins offers a paid subscription program, customized through eDiets.com above.

About the Author

VowToBeFit.com is passionate about helping brides lose weight for their wedding day with out proven wedding weight loss and diet program.

Source: <http://productsherbal.com>