

eatForLife



Taking care of your wellness is a lifetime commitment, there are no quick fixes. That's what the eatForLife® programme is about; teaching you healthy eating habits that stick for the rest of your life. Designed and administered by a network of dietitians, interactive and easy to use, the programme gives you access to expert advice and well-researched information.

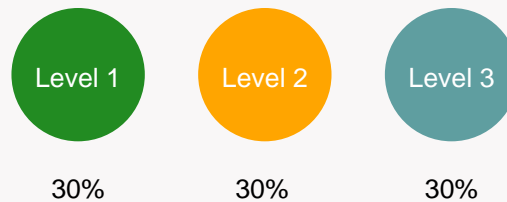
## Starter

We encourage you to attend the weekly sessions with the dietician to track your progress, learn about nutritional topics and to stay motivated.

You get 30% discount on the monthly fee.

## Provider

We encourage you to attend the weekly sessions with the dietician to track your progress, learn about nutritional topics and to stay motivated.



Fixed Discount

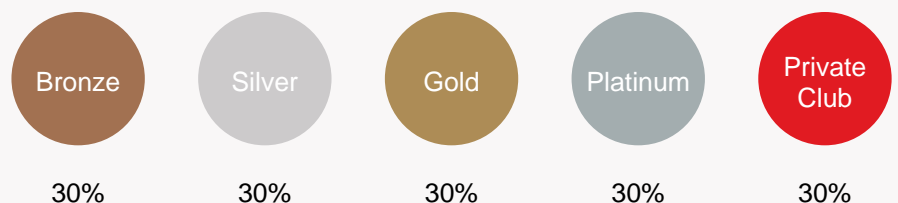
30%

30%

30%

## Premier

We encourage you to attend the weekly sessions with the dietician to track your progress, learn about nutritional topics and to stay motivated.



Fixed Discount

30%

30%

30%

30%

30%

# How do I get it?

## How to get it:

To join send an e-mail to [info@eatForLife.co.za](mailto:info@eatForLife.co.za) or call 0861 00 55 66.  
Visit eatForLife to find the nearest branch, book your place and attend sessions.  
Application forms can be completed on arrival at the venue. Please take your ID and Multiply membership card or Multiply client number with you.  
Your discounted fee can be paid at the venue or as agreed with the dietician.

## Using the benefit:

The benefit is available to the main member and partner on Multiply Premier, Multiply Provider and Multiply Starter.

The maximum discount available is 30%.

Standard eatForLife Ts & Cs apply.

[Click here for Multiply Ts & Cs.](#)