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Text To Success Launches Innovative Mobile Weight Loss Solution

A new service offered by TextToSuccess.com allows subscribers to receive a daily text message as a reminder of their goals for healthy living and weight loss. The messages are delivered before lunch; the most difficult time of the day to make smart eating decisions.

Boston, MA, January 1, 2009 —The website TextToSuccess.com launched a new service promoting healthy living and weight loss by sending a daily tip as reminder of weight loss goals. The messages are sent at a chosen time before lunch, the most difficult part of the day to make smart eating decisions.

With all of the temptations at lunch time, the timely daily text messages are both informative and a reminder of weight loss goals. Founder Julia Barton comments, "It is easier to eat healthy at home for breakfast and dinner than lunch during the day. As a sales person, I am usually on the run and find myself getting fast food. Text To Success was created to be the extra nudge and motivator to make smart eating decisions during the day, as if a friend is watching over and sends motivation right when it is needed."

The service allows its members to choose what time suits them best to receive the text messages. A free two week trial is available and a year's subscription costs \$29.99, or eight cents a day. For more information, visit www.texttosuccess.com or contact jfitzpatrick@texttosuccess.com.

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