

Eat for Life with the Hairy Bikers

Popular TV cookery duo the Hairy Bikers have released a new book packed with delicious low-calorie recipes - and for a limited period, those who buy it from the Book People can get a month's free membership to the Hairy Bikers' Diet Club.

(PRWEB UK) 8 January 2014 -- Popular TV cookery duo the Hairy Bikers have released a new book packed with delicious low-calorie recipes - and for a limited period, those who buy it from the Book People can get a month's free membership to the Hairy Bikers' Diet Club.

Priced at just £5.99 from leading online literature retailer the Book People - a saving of £9 on the recommended retail price - The Hairy Dieters Eat for Life offers lots of useful ideas on how to eat well whilst also losing weight. The book includes more than 80 recipes, including a whole host of appetising family favourites.

Customers who buy The Hairy Dieters Eat for Life from the Book People up to January 31st will also receive a special code to activate their 30 days' free membership to the Hairy Bikers' Diet Club.

"Now that the Christmas and New Year festivities are out of the way, there is no doubt a lot of people who overdid it a bit over the festive period and are now looking for ways to lose a few pounds," said Ryan Barham at the Book People. "That's why we thought this offer would be perfect."

"Not only does The Hairy Dieters Eat for Life offer a wide range of great recipes, but with a free month's membership of the Hairy Bikers' Diet Club thrown in, this offer is ideal for anyone keen to get back in shape this New Year," he added.

The Hairy Bikers' Diet Club is an online resource offering handy ideas on how to achieve your goals when it comes to losing weight. Members have access to a selection of recipes - among which are exclusive recipes from the Hairy Bikers themselves - and other tools including exercise plans and forums to chat with other Diet Club members.

To find out more about the diet club please visit

http://www.thebookpeople.co.uk/webapp/wcs/stores/servlet/qs_content1_tbp?storeId=10001&catalogId=10051&lang=en

, or to check out what's currently on offer at the Book People, simply visit the website at

www.thebookpeople.co.uk.



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