

Weight Loss and Well Being Programme

All sessions are on Zoom

Intro to the Course	<p>I do hope you can join me for my 3 sessions weight loss programme.</p> <p>This mini course is for anyone who would like to get a bit more motivation and education around weight loss and well being and get going on an inspiring path to losing weight and feeling good about you!.</p> <p>It doesn't matter how much weight you wish to lose or whether it is just about gaining a better understanding, this course will assist you and give you the power to help you to help yourself.</p> <p>With my Advanced Clinical Weight Loss Practitioner head on I will be offering a mini course to get you underway.</p> <p>Please note that this course is a group course but you do not need to share any personal information and all literature and exercises can be carried out personally and in a sensitive and confidential manner.</p> <p>There are NO GROUP WEIGH INS and NO MEASUREMENTS.</p> <p>This is something you may wish to do to measure your success but again, this is personal to you.</p>
Week 1 2 hours	<p>Intro to the Course Your weight gain probability score and recommendations BMI scores (Body Mass Index) Weight Loss Calculator Body Measurements tracker DMC (Daily Maintenance Calorie Count) That doesn't mean you have to count every calorie!</p> <p><u>Homework</u> 7 Day Food Diary 10 Weight Loss Rules Control your Cravings</p>
Week 2 2 hours	<p>Weight Loss Caloric Planner The Food Pyramid Heart Rate Max Calculator Fluid Assessment Daily Achievement record</p> <p><u>Homework</u></p>

	<p>65 Names for Sugar (Yes there are that many!!) 4 articles on Sugar including how to break the sugar habit) 50 Essential Nutrients and Vitamins 20 Foods that give you every essential nutrient your body needs</p>
<p>Week 3 2 hours</p>	<p>Low GI Eating Goal Mapping Circle of Control</p> <p><u>Homework</u> 3 actions from your Goal Mapping notes Your Low GI recommendations</p>
<p>Investment in Yourself</p>	<p>If this course was based on a 121, 6 session Coaching Programme with me it would be an investment of between £390 to £420 BUT offering this as a group session course your Investment in yourself is £150</p> <p>Please get in touch if you would like to book your place</p> <p>Many thanks</p> <p>Shelley x</p>