

IT'S ALL ABOUT ME

MOTIVATION, EXERCISE, EATING

FREE 12 week weight management course

Is it for you

- Need to lose weight?
- Want to achieve sustainable weight loss?
- Ready to make changes?

Criteria

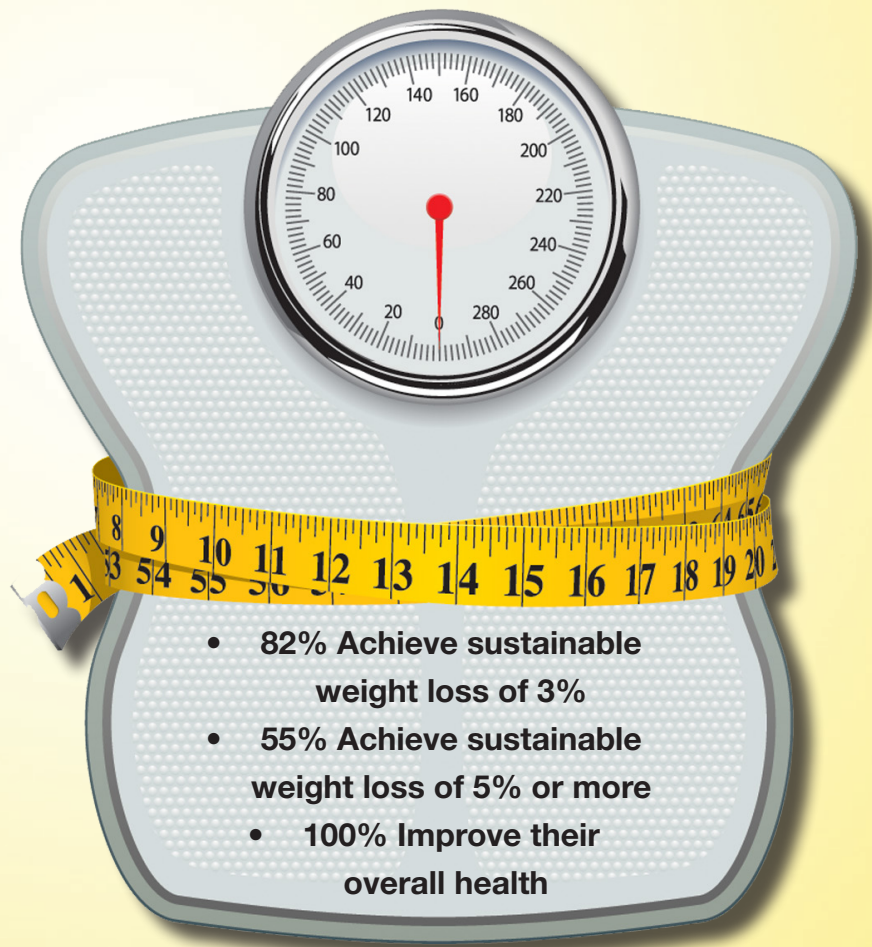
- Aged 18 years+
- BMI 25-40
- Ready to make nutrition, activity and lifestyle changes

What's Covered

- Your barriers and triggers
- Understanding the food groups
- Label reading – fats, sugar and salt
- Meal planning and shopping
- Eating out and entertaining
- Hydration what's best
- Mindful eating, stress and sleep

What to Expect

- Nutrition based discussions and activities
- Support with activity and exercise
- Nutrition and exercise goal setting
- Small groups of likeminded individuals
- Run by nutritionist and exercise referral specialist



- **82% Achieve sustainable weight loss of 3%**
- **55% Achieve sustainable weight loss of 5% or more**
- **100% Improve their overall health**