

Lose Fat Around The Middle 12 week course OUTLINE

All sessions will start with a weigh-in / food diary review, followed by a 30 minute talk and opportunity to ask questions.

At every session you will be provided with a meal plan to follow until your next weigh-in. We look forward to introducing you to some of our favourite foods and sharing cooking tips with you.

Week	Main Topic
1	Allow 80 minutes for first class <ul style="list-style-type: none"> • Initial weigh-in, measurement and target setting • Introduction to Lose Fat Around The Middle principles • Supplement introduction
2	<ul style="list-style-type: none"> • The role of blood sugar in supporting weight loss • Tips to balance blood sugar
3	<ul style="list-style-type: none"> • How to exercise to burn fat
4	<ul style="list-style-type: none"> • Why take foodsupplements • What vitamins and minerals can help weight loss and change your body shape
5	<ul style="list-style-type: none"> • Healthy portion size
6	<ul style="list-style-type: none"> • How to read foodlabels
7	<ul style="list-style-type: none"> • Healthy and unhealthy fats in food – why we need essential fats • Storecupboardessentials
8	<ul style="list-style-type: none"> • Overcoming barriers to change • Exercise review
9	<ul style="list-style-type: none"> • Making healthier food choices • Healthy alternatives to yourfavourite foods
10	<ul style="list-style-type: none"> • Meal planning • Shopping list
11	<ul style="list-style-type: none"> • The role of stress in weight gain • Tipstomanage stress • How drinks can influence weight loss
12	<ul style="list-style-type: none"> • Final review of inches and body fat lost • Mindful eating • How to keep on track