

Workshop October 2016

Outline



- 10.00 am Registration
Body composition assessment (optional)
- 10.30 – 11.00 Welcome
Introduction to the Lose Fat Around The Middle principles
- 11.00 – 12.00 Exercise
What's stopping you from getting more active?
Exercise myths
How to exercise to lose fat
Exercise do's and don'ts
- 12.00 – 12.15 BREAK
- 12.15 – 13.30 How sugar fuels weight gain and how to balance blood sugar
Good and bad fats
Vitamins and minerals to help change your shape
- 13.30 – 14.30 Lunch
- 14.30 – 15.30 Reading food labels
Portion size
Your food diary – how to use it, what to look for
- 15.30 – 15.45 Break
- 15.45 – 16.45 Meal planning
Overcoming barriers to change
Mindful eating
- 16.45 – 17.00 Review of key learnings
Putting the plan into action for you