

WEIGHT LOSS – THE MAGIC FORMULA

Duration: Half Day (including breaks)

Participants: 15-20 max

Background:

Employees that are overweight are significantly more at risk of premature death, heart disease, diabetes, cancer and high blood pressure. Physical activity becomes harder to achieve and healthy food choices are bypassed for easy to reach options that are more than likely to be saturated in fat, sugar and salt to satisfy bigger appetites. The health implications of this downward spiral are vast and more challenging the longer they exist. Maintaining a healthy weight is one of the most important factors if employees are to protect their health. The business and personal benefits of them maintaining a healthy weight are numerous, from promoting confidence and increasing energy levels to building physical strength and stamina.

Course Overview:

Weight Loss – The Magic Formula is a totally integrated workshop covering the 3 fundamental areas of weight loss – mindset, nutrition and exercise. You will discover how losing weight can be easy, enjoyable and sustainable. Look forward to leaving this workshop with the confidence and motivation that you can reach your desired weight.

Course Benefits:

By the end of Weight Loss – The Magic Formula you will be able to:

- Lose up to 2 stone in 12 weeks eating delicious food and enjoying exercise
- Appreciate the dangers of quick fix or crash diets
- Increase your physical strength and stamina
- Develop an enjoyment of healthy eating rather than a life sentence of dieting
- Reduce the time you feel sluggish and ill with colds, flu and sickness
- Feel confident, energised and motivated to start losing weight instantly
- Create a permanent shift in your mindset so that you never have to diet again

Additional Information:

Weight Loss – The Magic Formula is also available as a full-day workshop. This will provide participants with the ultimate tools and techniques to further improve their mindset around losing weight.

Participants will leave the workshop with a personal weight loss plan that fits into their lifestyle perfectly.