



## The six week BODY FOCUS plan

The course will run for six weekly one hour sessions. Each session will include handouts. There will be an optional weigh in on week one and week six.

Topics that are covered:

### Week one

#### **Introduction to the Body Focus course**

Useful advice to follow to help you lose 6lb in six weeks. Optional weigh in.

### Week two

#### **The Glycaemic index, meal timings and portion sizes .**

Find out the best carbohydrates to help you to lose weight, how much, and when you should be having them.

### Week three

#### **Exercise guidelines**

Are you exercising in the most effective way to lose weight? Learn how different training methods can help you lose more weight.

### Week four

#### **Food labels, and food diary recommendations .**

Learn how to read labels on the most common foods that we buy. Have your food diary checked to make sure your new eating regime is on track.

### Week five

#### **Superfoods and vitamins and minerals**

Learn about the most beneficial foods that you can eat and not put on pounds!

### Week six

#### **Eating out guidelines**

How not to put on weight if you eat out regularly. Maintenance programme guidelines will also be discussed to make sure that you don't put the weight that you have lost back on.

**Presented by Andrea Finnigan, Nutritional Therapist and  
Personal Trainer**. If you have any questions regarding the course  
then please call 0771 421 9793