



Six Weeks to Super Health

Vital Nutrition's **Six Weeks to Super Health** is designed to help boost energy levels, manage weight and curb sugar cravings in a fun, interactive and supportive environment.

The course provides expert advice, recipe ideas, motivational tips, shopping lists and nutrition factsheets to help keep you reach your goals. The weekly weigh-in is an optional extra.

Here's what to expect from the course:

Week 1 Getting started – what, how and when to eat on the six week course

Week 2 Eating for energy – the ups and downs of a low GI die

Week 3 Healthy Nosh for Less Dosh and portion distortion – how much is enough?

Week 4 Why calorie counting is not the long term solution to weight loss

Week 5 How to read a food label

Week 6 Where to go from here – a long term approach to good health

Get in touch

T: 07704 520257

E: emma@vital-nutrition.co.uk

www.vital-nutrition.co.uk