



# Healthy weight management

Here at Vital Nutrition we believe in a long-term, healthy approach to weight management with manageable changes and achievable targets.

If this sounds like an approach you'd be on board with, join us to explore weight loss and the best ways to lose weight for good, discover what foods will help regulate your appetite, why calorie counting is bad for your health and what to eat to help your body burn more fat. We promise to keep you motivated, challenged and focused on your fitness & wellbeing.

## **You will discover:**

- The best way to lose weight for good
- What foods will help regulate your appetite
- Why calorie counting is bad for your health
- What to eat to help your body burn more fat

## **Get in touch**

T: 07704 520257

E: [emma@vital-nutrition.co.uk](mailto:emma@vital-nutrition.co.uk)

[www.vital-nutrition.co.uk](http://www.vital-nutrition.co.uk)