

## 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 diet
- 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



*contact us to find out more:*

**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)