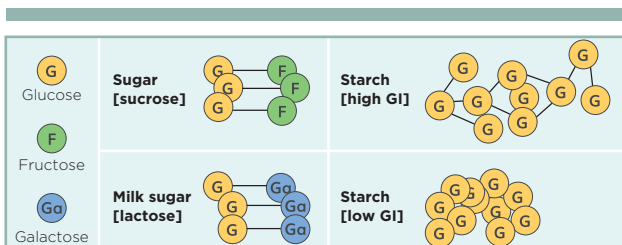


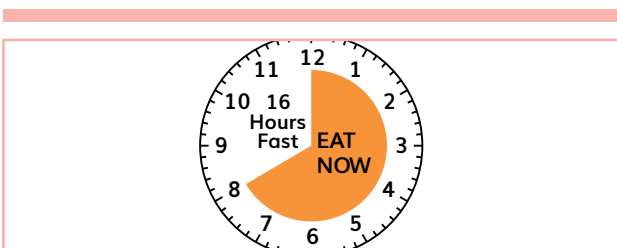
Session 1: Energy Balance Theory Limitations

Why do you want to lose weight?
 Debunking the eat less, move more myth
 Why crash diets are not the solution to permanent weight loss
 Goal setting: 7 day food diaries



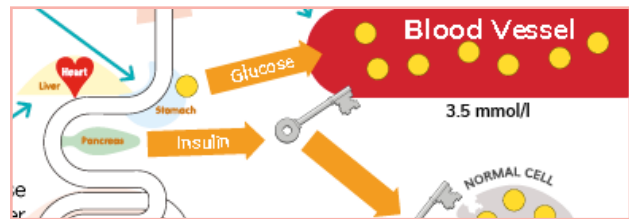
Session 3: Carbohydrate Awareness

Assessing the *amount* of carbs
 Considering the *type* of carbs
 Fructose and insulin
 Fibre and how it protects us
 What is my daily carb intake?
 Goal setting: 7 day carb assessment



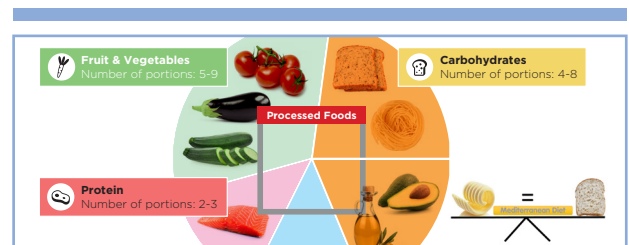
Session 5: Intermittent Fasting (IF)

Why fasting is good for you
 How and when to fast
 Addressing the myths
 Hormones and fasting
 Microbes and fasting
 Top tips for fasting
 Goal setting: fasting experiments



Session 2: Digestion and Body Weight

What happens to food when we eat it?
 High insulin levels/insulin resistance
 How do we gain weight?
 Hormonal obesity
 Goal setting: reducing carbs to reduce insulin



Session 4: Nutrition for Health

Nutrients, food groups and food portions
 Different dietary approaches for weight loss (Mediterranean, low carb and intermittent fasting)
 Essential tips to ensure success
 Suggested meals and recipes
 Goal setting: my dietary approach



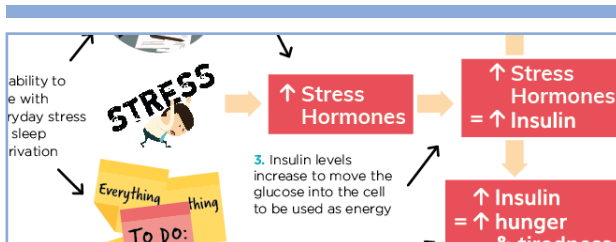
Session 6: Dietary Self-Assessment

Foods for Fullness
 What causes hunger?
 Nutritional ketosis
 Assessing your diet
 What is a portion?
 Essential tips to ensure success
 Goal setting: 7 day dietary assessment



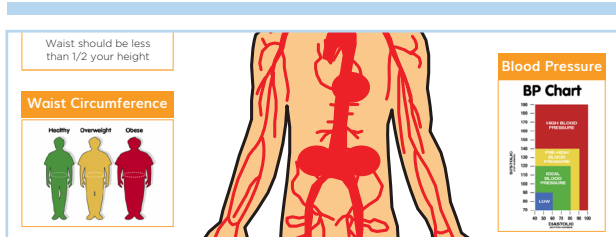
Session 7: All About Food

Reading and understanding food labels
 Nutrient guidance for different dietary approaches
 Food tips, shopping, dining out and adapting meals/recipes
 Goal setting: changing a habit



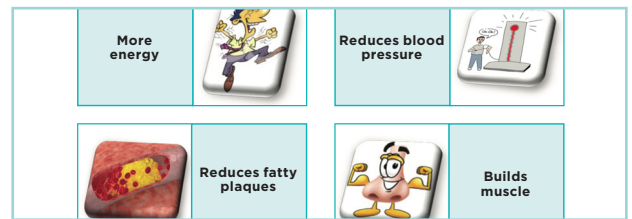
Session 9: Stress and Psychology of Eating

Stress and sleep - how they impact hormones and influence weight
 Meditation
 Psychology of eating - boredom, emotions, carb addiction and bad habits
 Goal setting: eating control



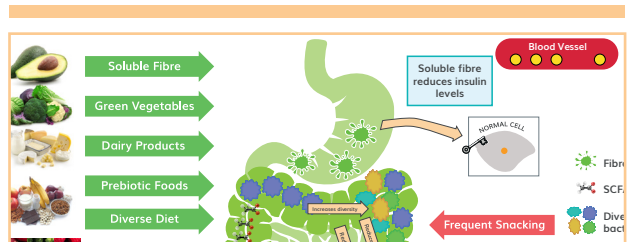
Session 11: Health Check and Prevention

Health results - what do they mean?
 Preventing long-term health problems
 Managing long-term health problems
 The 7 lifestyle factors for optimal health
 Nutrition for Health - what are you eating
 Goal setting: 7 day dietary assessment



Session 8: Fat Awareness and Physical Activity

The amount and type of fat and impact on weight loss and health
 Physical activity for weight loss and health (aerobic, HIIT and resistance)
 Goal setting: fats and physical activity



Session 10: Gut and Hormones

The gut microbiota - good and bad bacteria
 Prebiotics and probiotics
 The impact of the environment and medication
 Top tips to increase good bacteria
 Goal setting: my gut microbiota



Session 12: Are you a Weight Management X-PERT?

Weight loss medication and supplements
 Top tips for maintenance
 Where can I find products and information?
 Are you a weight management X-PERT?
 Goal setting: lose fat keep it off