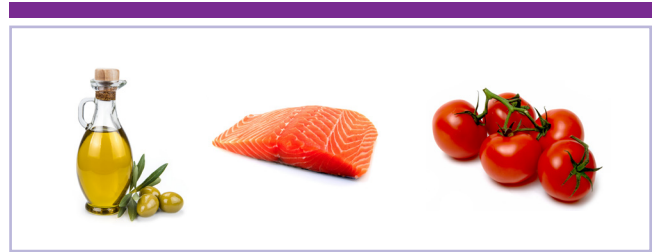


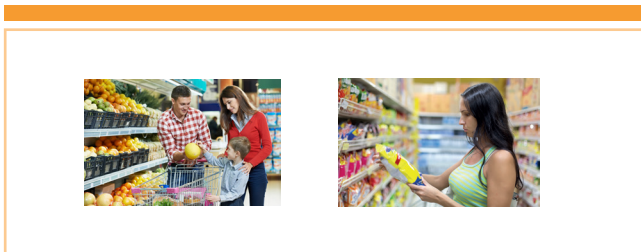
## Session 1: Energy Balance

Why do you want to lose weight?  
 Benefits of weight loss.  
 Eat less, move more.  
 Personalised goal setting.



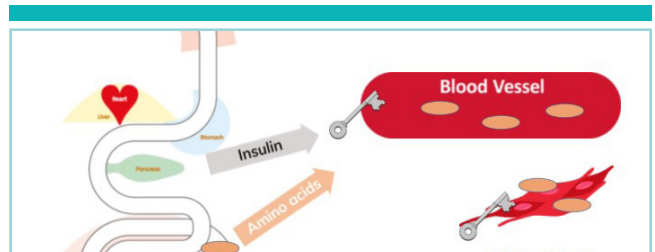
## Session 2: Nutrition for Health

Nutrients, food groups and portions.  
 Different dietary approaches.  
 Essential tips to ensure success.  
 Meal ideas and recipes.



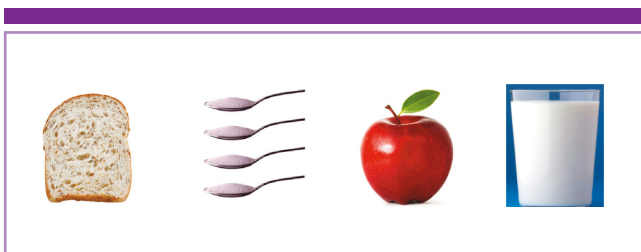
## Session 3: Practical Considerations

Challenges when food shopping.  
 Reading and understanding food labels.  
 Challenges when dining out (or ordering in).



## Session 4: Digestion and Body Weight

What happens to food when we eat it?  
 Foods for fullness.  
 Hormonal obesity.



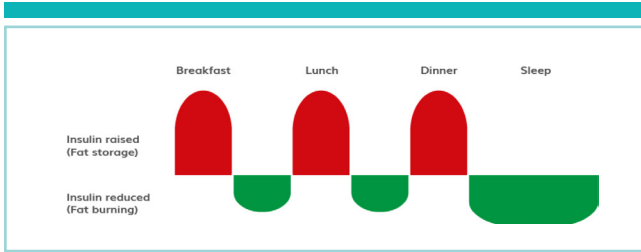
## Session 5: Carbohydrate Awareness

Importance of carbohydrate AMOUNT.  
 Considering the TYPE of carbohydrate.  
 Fibre and how it protects us.  
 How Much Carbohydrate Am I Having?



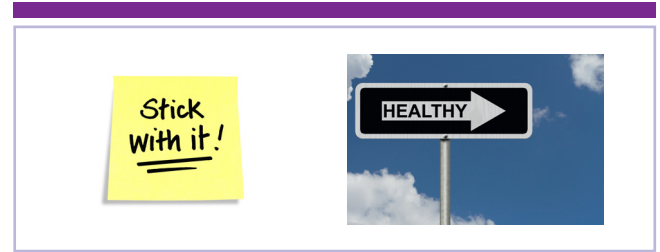
## Session 6: Fat Awareness

Different types of fat.  
 Fat containing foods.  
 Myths and misconceptions.  
 Nutritional ketosis.



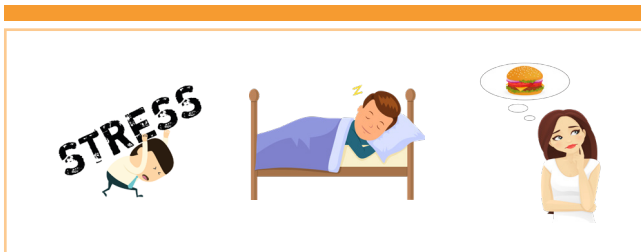
## Session 7: Eating Frequency

Different eating patterns.  
The benefits of reducing eating frequency.  
Hints and tips.



## Session 8: Dealing With Challenges

Identifying and overcoming challenges.  
7 Lifestyle factors for optimal health.  
Dietary self-assessment.



## Session 9: Stress, Sleep and the Psychology of Eating

Practical tips for reducing stress and sleeping better.  
Why people eat when they don't need to, and ways to identify and prevent this.



## Session 10: Physical Activity

Benefits of physical activity.  
Types of physical activity.  
Increasing activity levels.



## Session 11: Health Check

Health results - what do they mean?  
Preventing or managing long-term health problems.



## Session 12: Are You an X-PERT?

Recapping key messages.  
The way forwards - setting goals, additional support, and further information.