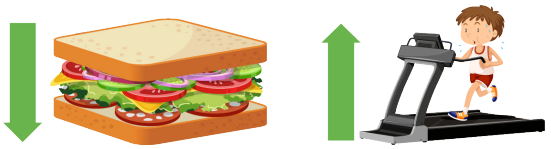
Programme Summary



Session 1:
Energy Balance

Benefits of weight loss.
Eat less, move more.
7 lifestyle factors for optimal health.
Personalised goal setting.



Session 2:
Nutrition for Health

Nutrients and food groups.
Different dietary approaches.
Essentials for any dietary approach.
Making food choices.



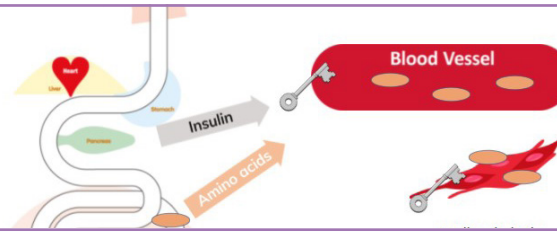
Session 3:
The Psychology of Eating

Causes of hunger.
Identifying psychological eating.
Taking control of psychological eating.



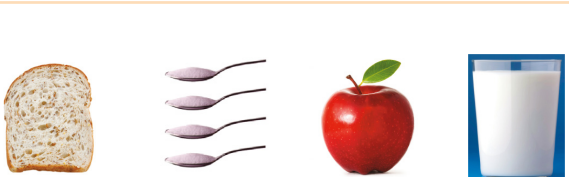
Session 4:
Practical Considerations

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



Session 5:
Digestion and Body Weight

What happens to food when we eat it?
The power of protein.
Foods for fullness.
Hormones and health.



Session 6:
Carbohydrate Awareness

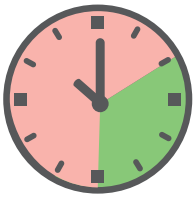
Importance of carbohydrate AMOUNT.
Considering the TYPE of carbohydrate.
Fibre and how it protects us.
How much carbohydrate am I having?

Programme Summary



Session 7:
Fat Awareness

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



Session 8:
Eating Frequency

Different eating patterns.
The benefits of reducing eating frequency.
Myths and misconceptions.
Practical tips.



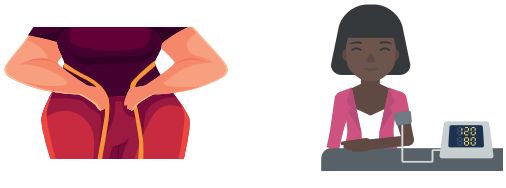
Session 9:
Dealing With Challenges

Identifying and overcoming challenges.
Weight stigma.
Dietary self-assessment.



Session 10:
Beyond Diet

Reducing stress.
Improving sleep.
Increasing physical activity.



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.