

why you don't have to give up  
everything you love to get healthy

IS THIS YOU....

I'VE DONE DIETS IN  
THE PAST...AND  
REGAINED THE  
WEIGHT, PLUS MORE

I WANT TO FEEL MY  
BEST INSIDE AND OUT  
- NOT CONSTANTLY  
THINKING IN THE BACK  
OF MY MIND ABOUT MY  
SIZE AND WEIGHT

OVERWHELMED?!  
WHAT'S RIGHT FOR  
ME?

I DON'T WANT  
TO MISS OUT -  
SOCIALISING,  
HAVING A LIFE

FEEL SLUGGISH,  
NO ENERGY,  
FOGGY HEAD,  
HEADACHES

WAYS THAT  
WORKED BEFORE  
TO LOSE WEIGHT DON'T  
WORK NOW

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HERE ARE JUST A FEW TIPS TO GET YOU STARTED

FOR MORE ENERGY - SWAP:

HITTING THE 'SNOOZE' BUTTON WITH 5MINS OF STRETCHES

FOR BETTER FOCUS & PRODUCTIVITY - SWAP:

TOAST FOR BREAKFAST WITH A GREEN SMOOTHIE  
LATTE WITH A LONG BLACK + DASH OF MILK

DE-STRESS IN THE MORNING - SWAP:

CHECKING EMAILS ON YOUR PHONE WITH 5MINS MEDITATION  
OR VISUALISE MAPPING OUT YOUR DAY AHEAD POSITIVELY

DE-STRESS DURING THE DAY - SWAP:

ANOTHER COFFEE WITH 5-30MINS WALKING OUTSIDE, OR IF  
YOU'RE AT HOME AND IT'S RAINING - PAT OR PLAY WITH YOUR  
DOG OR CAT)

FOR BETTER SLEEP - SWAP:

SOCIAL MEDIA SCROLLING WITH 30MINS OF BEDTIME  
READING OR JOURNALING

ARE YOU READY TO FEEL AND LOOK BETTER?

FIND OUT MORE IN MY WEBINAR:

12NOON WED 15TH JULY

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