



‘Optimise Your Weight Loss’

12 Week Program: With Your Personal Dietitian

Wouldn't it be nice if this spring was the last time you ever start another 'health kick'? Here at Optimum Intake we understand that sometimes real life does not always lead to us developing the healthiest diet and exercise habits. That's why we'd like to spend 12 weeks working with you to optimise your eating habits, identifying those which are helping you to become the healthiest version of yourself, and tweaking those habits which are bringing you unstuck. Let us help you to build a strong foundation for healthy eating, feel fabulous again as we create the lifestyle you crave!

This highly sort after program provides you with your very own University Qualified and Accredited Dietitian who will give you expert evidenced based knowledge and skills to help you succeed in achieving your personal goals. The individual sessions are run on a regular basis providing on-going encouragement and motivation, your dietitian will make this learning experience fun and exciting by sharing experiences, ideas, strategies and expert secrets to help you stick with it when the going gets tough.

How it works:

- You receive 7 individual one-on-one sessions with your personal dietitian over the 12 weeks
- Your own Optimum Intake folder (with some extra surprises)
- Monitoring of weight and waist measurements (this is optional)
- Educational and practical nutrition sessions and resources
- Motivational and strength based behavioural therapy
- Option of continuing follow-up sessions after the 12 weeks, at a frequency to suit your needs.

Topics Include:

Dietary Assessment

Goal Setting

Label Reading

Cooking Tips and Recipe Modification

Hunger and Fullness

Eating with Awareness

Eating Out

ONLY AVAILABLE AT

**Erina Heights -
(02) 4365 1468**

SPECIAL PRICE

ONLY \$346.00*

*Full payment due at time of initial consultation
* All sessions must be used within 14 weeks of initial consultation or will be voided.

