

Testimonials from participants

- ' I now have more energy which helps me to cope with the demands of shift work'
- 'My nutrition and physical activity changes have been made habitual and have been integrated into my life'
- 'I am now confident to walk down the street and go the gym'
- ' I have gone from walking an average of 5,000 steps/day to 12,000 steps/day
- 'I am finding I am sleeping through the night'
- 'Fad diets' are out- I will NEVER use these again'
- 'I have the ability to overcome barriers which once stood in my way'
- 'I am now putting myself as number 1 priority'

Benefits

- Improved self confidence
- less craving of sweets
- sleeping better
- Weight loss
- Increased muscle strength
- Blood sugar levels dropping in Diabetes sufferer
- Increased fitness levels