



Nutrition and fitness for life

“A fabulous course that has changed our lifestyle. I feel and look better as does my husband! An invaluable experience, thank you!”

L. Graham



## 6-week Optimum Nutrition course with Catherine Burns BA Hons, Dip ION.

Optimize your health and shape up for life with Catherine Burns, Nutritional Therapist and Royal Gazette Food for Thought columnist. No calorie counting or avoiding carbs - just simple, healthy, natural food. Learn your nutrition basics in a fun environment and get the know-how to make smart, ethical and informed choices. Choose food that nourishes you!

**COST:** \$395 per person.

This includes:

- Optional weigh-in: weight, % body fat, waist, chest and hip measurements
- Personalised, written feedback to your initial diet and lifestyle assessment
- 1-hour introductory nutrition class
- 1-hour introductory group training class
- 6 follow-up 1-hour nutrition classes covering key nutrition topics
- 6 follow-up 1-hour group training classes with trainer, Sergio White
- 6 weeks of seasonal meal plans and recipe suggestions (family friendly)
- 1-hour final weigh-in (optional) and summary nutrition class
- A copy of The New Optimum Nutrition Bible by Patrick Holford
- Weekly prizes and a final “Biggest Loser” prize!

Catherine Burns (BA Hons, Dip ION) is a fully qualified Nutritional Therapist trained by the Institute for Optimum Nutrition in London, U.K.

Please note that Catherine is not a Registered Dietician.

## WHEN & WHERE?

1st May – 14th June 2013

### WEDNESDAY 1ST MAY 2013

12.30-1.30pm

(pop in for 10 minutes)

Optional, private weigh in.

Natural HQ, 9 Gorham Rd, Central Hamilton.

### THURSDAY 2ND MAY 2013

12.30-1.30pm

Introductory group training class.

Natural HQ, 9 Gorham Rd, Central Hamilton.

### FRIDAY 3RD MAY 2013

1.30-2.30pm

Introductory nutrition class.

Natural HQ, 9 Gorham Rd, Central Hamilton.

### MONDAY NUTRITION CLASSES

12.30-1.30pm

6/13/20/27 May and 3/10 June

Natural HQ, 9 Gorham Rd, Central Hamilton.

### THURSDAY GROUP TRAINING CLASSES

12.30-1.30pm

9/16/23/30 May and 6/13 June

Natural HQ, 9 Gorham Rd, Central Hamilton.

### FRIDAY 14TH JUNE 2013

12.30-1.30pm

Final weigh-in (optional) and summary

nutrition class. “Biggest Loser”

announcement. Natural HQ, 9 Gorham Rd,

Central Hamilton.

 To find out more or sign up,  
please contact Catherine Burns

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Pre-registration is essential