



“ I can't believe how different I feel after just a few weeks. My concentration, energy and training are so different! I wish I'd known about Nutrifit years ago. Everyone needs this! - **L. Jackson**

6-week Optimum Nutrition Intensive with Catherine Burns, Nutritional Therapist, BA Hons, Dip ION, mBNTA

Join our award-winning nutrition program and upgrade your diet and lifestyle - for good! Set within a small group, you'll have all the support and privacy you need to succeed long-term. You'll have the opportunity to lose weight (if you need to), improve your body composition and re-think factors that have been standing in your way of consistently great choices. Learn how nutrition really works so you can make informed decisions that impact how well you feel each and every day. Choose food that nourishes you!

Copays for the whole program: BF&M \$38, Argus \$120, Colonial \$150.

Program includes:

- One to one nutrition assessment with Catherine, tailoring the program to your needs and preferences
- Initial and then weekly biometric tracking to monitor weight, percentage body fat and inch-based measurements (optional)
- 1-hour introductory nutrition class
- 6 follow-up nutrition classes covering key fundamentals and concepts
- Label reading and grocery store tour
- Weekly meal plans and recipe suggestions
- Innovative online meal-planning resource. So easy!
- Day to day email/text support from Catherine

Catherine Burns is a fully qualified Nutritional Therapist with 15 years clinical experience, trained by the Institute for Optimum Nutrition in London, U.K. She writes a weekly column for The Royal Gazette, is President of the Bermuda Nutritional Therapy Association and is AVP of Nutrition, Wellness & Community Health with The Waterfront Group.

To sign up, please follow the links online at www.natural.bm or email Catherine@thewaterfront.bm

Pre-registration is essential. Thanks!

**Daytime & Evening
23 Jan - 6 March 2020**

**Daytimes at 12.30pm
Evenings at 6.00pm**

PROGRAM STRUCTURE

All at The Waterfront, Pitts Bay Rd, Hamilton.

ONE TO ONE (45 minutes)

Individual assessment and feedback to tailor the program to your needs. Scheduled individually.

NUTRITION INTRO (1hr)

Thurs 23rd Jan for all the info you need to get going. Flexible nutrition guidelines or meal plans, recipes and shopping lists for those that want specifics!

BIOMETRICS (optional)

Before biometrics available after the intro session on the 23rd. Optional weekly follow-ups on Thursdays between 12.30 - 2pm. Drop in! (After biometrics on the 6th March)

FOLLOW-UP NUTRITION CLASSES (1hr)

One weekly in-depth nutrition class for the following six weeks covering:

Blood sugar balance - 27th January
Stress & sleep - 4th February
Digestion & food sensitivity - 11th February
Antioxidants & liver detox - 18th February
Good fat vs bad fat - 25th February
Organics - priorities and tips - 2nd March

Questions? Happy to chat!

T: 505.4725

catherine@thewaterfront.bm

www.natural.bm



**Catherine Burns
Nutritional Therapist**
BA Hons, Dip ION,
mBNTA



**WATERFRONT
WELLNESS**
LIVE WELL WITH US

