

FAM Course Weekly Content

In addition to weekly weigh-ins, motivational talks, practical advice, meal plans and lots of easy, tasty recipes to keep you on track and help you reach your targets, on the Fat Around the Middle Course you will also learn...

Week 1 – Getting started. Measurements, targets and outline of course.

In your first session you will learn some of the simple secrets of why fat goes on around the middle of your body and how to change your shape for good. You will set your own personal goals with advice and support from our qualified nutritionist. You are on your way to a new you!

Week 2 – Blood sugar balance and how it affects your mood, energy and weight.

Do you ever get cravings for chocolate, white bread, cakes, coffee...? Do you frequently experience mood swings, irritability, anxiety, low libido, dizziness, confusion or fatigue? If so, you may be experiencing the effects of blood sugar imbalances. This week you'll learn how to get off the blood sugar roller-coaster ride for good.

Week 3 – Which exercises will help you to burn fat – and which won't.

Find out how to exercise to lose fat around the middle and what exercises won't help. Once you see how just a small amount of effort really makes a big change, you will be hooked! This week you will learn exactly why the right type of exercise is so important, not just for losing your belly, but also for all-around mental, physical and emotional wellbeing. Includes Top Tips for the Exercise Phobic.

Week 4 – Which vitamins and minerals help you lose weight

Research has shown that certain vitamins, minerals, essential fatty acids, herbs and other nutrients can help you to lose that apple shape more quickly than you would with just changes in your diet alone. This week you will learn exactly what these nutrients are and how they work.

Week 5 – What really is a healthy portion size? The answer may surprise you

We've got used to living in a "supersized" world and so it's easy to forget what a normal portion size actually is. This week, we will look at exactly what you should have on your plate. How much protein, how much fat and how many carbs. You may be pleasantly surprised!

Week 6 – How to read food labels – cutting through the hype

Do you actually know what you are eating? If you buy foods with a label, then probably not. Whilst some supermarkets now use the "traffic light" system on many of their foods, choosing the healthy option is still a minefield. This week we'll reveal the mystery of labels and show you how to interpret them.

Week 7 – Fat makes you fat right? Wrong! Good and bad fats how to tell the difference

Fat makes you fat, right? Wrong! The "low-fat" brigade have a lot to answer for because for years now, many people have not been consuming enough of it. The right fats actually help you to lose weight and symptoms of a lack can include dry hair, painful joints, depression, dry skin, fatigue and irritability. This week you will find out which are the good fats and how to include them in your fat around the middle healthy eating plan.

Week 8 – Overcoming emotional barriers – change your mind, change your life

When you change habits you often need a bit of help. We completely understand that. This week we're going to look at some of the most commonplace barriers to change and help you to overcome them. You're already well on your way to making a permanent and positive transformation in your life. Congrats!

Week 9 – Healthy alternatives – a whole new world of healthy choices

Is having to give up certain foods or drinks one of your biggest fears? And are you wondering how you can manage without them? Then fear not! The Fat Around the Middle course is brought to you by highly experienced nutritionists who can tell you exactly how to substitute your 'old' foods or drinks with healthy alternatives. It won't be long before you'd never choose to swap back.

Week 10 – Essential Meal planning

For many people, lack of planning and organisation is a real stumbling block to making healthier meal choices. We will show you how to plan your meals what to have as store cupboard essentials and give you practical tips on buying and storing food.

Week 11 – Why stress makes you fat and how you can control it

Stress is a killer. But did you also know that it tells your body to store fat around the middle? This is one of the best kept secrets to changing your body shape. This week we'll be talking about the stressors of modern day living. You will also learn a simple relaxation exercise to help you get back control and break the vicious cycle of stress.

Week 12 – Mindful eating and how to keep on track

Congratulations! You have reached the last session of the Fat Around the Middle – how to lose that bulge for good Course. You are now enjoying the rewards of your success by seeing your body fat melt away. Not only that, you are feeling more energetic, less irritable and a lot sexier! You have learned a great deal in the last 12 weeks, and during our final session we will talk about mindful eating and how you can easily stay on track – for good!