

Body in Balance Course

Tired of feeling lethargic and not quite right?
Unsure of what foods to eat that will satisfy you
but will still allow you to lose weight?

If so, read on to find out how you can:

- ✓ Feel amazing without resorting to unsustainable lifestyle changes.
- ✓ Boost your daily energy and vitality levels the easy way.
- ✓ Discover the right foods to meet your cravings.

Over a 6 week period with four group sessions, you will learn:

- The effects of hormones, stress, and sleep on your overall health.
- How your cravings are linked to your biochemical needs.
- How to change habits and have a more mindful approach to lifestyle choices.
- The triggers to emotional overeating and how to stop them.
- How to nurture your gut with the right foods, and digestive support to enable better digestion and absorption of nutrients.
- Life hacks to swap out unhealthy foods through meal planning and knowing the healthy alternatives so you don't feel like you're missing out.
- At each session try a variety of healthy foods. I will provide you with these delicious easy-to-follow recipes to help you transform your diet with a focus on nutrition, necessary for vitality.

If necessary, we can conduct a health history assessment to understand your existing medical conditions and adopt the program to suit your specific needs. In addition, you can join a WhatsApp community group enabling you to share your thoughts, progress and recipes with the rest of the group. I will also be on hand to answer your queries throughout.

What's more, you'll be surprised how easy it is to adopt sustainable healthy lifestyle choices.

Cost, Dates & Location

This 6 week programme costs \$400. Planned dates as follows:

February 1st
February 15th
March 1st
March 15th

Address: 16 Maidstone Road, 139466.

And finally...

Hear from two ladies who have previously attended my Body in Balance programme. Not only did they transform their eating habits and attitude towards food, but they also adopted dietary changes that suited their bodies. They changed their exercise routines and transformed their approach to self-care. What's more, their skin glows more than ever and they look and feel fabulous, both inside and out.

Sarah

"The classes were always friendly and comfortable. While it's been 5 years since the classes, they have had the most lasting outcome to my weight and wellbeing. I'm able to understand my body and relationship with food more. Jo has a friendly and understanding personality and she was always on hand to help answer questions."

Results:

Lost 6.1kgs
Reduced body fat: 3.2%
Reduced Waist: 15cm
Reduced hip: 10cm
Reduced Metabolic age by 6 years!

Marissa

"While Jo's bootcamps kept me fit, her healthy diet programme helped to not only cultivate a healthy mindset on food choices but helped me melt a few cm away. Jo practices what she preaches and is a great motivator by living life healthy."

Results:

Lost 4kgs
Reduced body fat: 3%
Reduced waist: 5.5cm
Reduced hip: 7cm
Reduced Metabolic age by 7 years!

For more information, visit www.jobrownlow.com