

Move It To Lose It

Course outline

- 1 Introduction to programme. Goal setting & motivation.
- 2 Regular eating and how different foods affect your appetite.
- 3 How to create a balanced diet.
- 4 Calculating how much energy you need and what portion sizes you should eat.
- 5 Food labels - taking a closer look at what you eat.
- 6 The importance of gut health and the role of hydration and alcohol in weight loss.
- 7 Managing food cravings.
- 8 Making healthier choices when eating out and making your favourite meal healthier.
- 9 How exercise influences weight loss.
- 10 How to avoid over training and injuries when exercising.
- 11 The broader health benefits of exercise.
- 12 Pulling it all together and ways to stay active.



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