



HEALTH ACCELERATOR

Your life in your hands

**Starts
soon**
(places limited)

**Are you tired, lost your sparkle
or just want to be healthier?**

Join our six week programme to reboot your metabolic health from top to toe. You will explore the science and your own motivation, discover what's possible, and create a personalised action plan.

Topics Covered

- Fuelling for Health
- Nutrition and Meal Planning
- The Food Environment
- Psychology for Healthy Habits
- Exercise and Fasting
- Maintaining Momentum

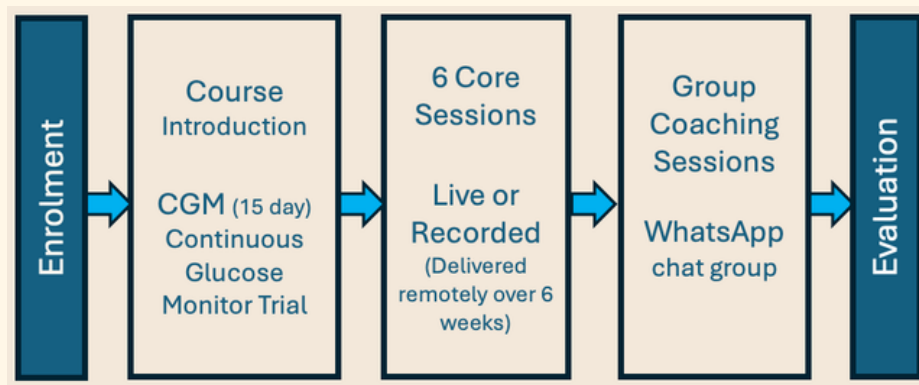
Embrace
 **NUTRITION**

Why Attend?

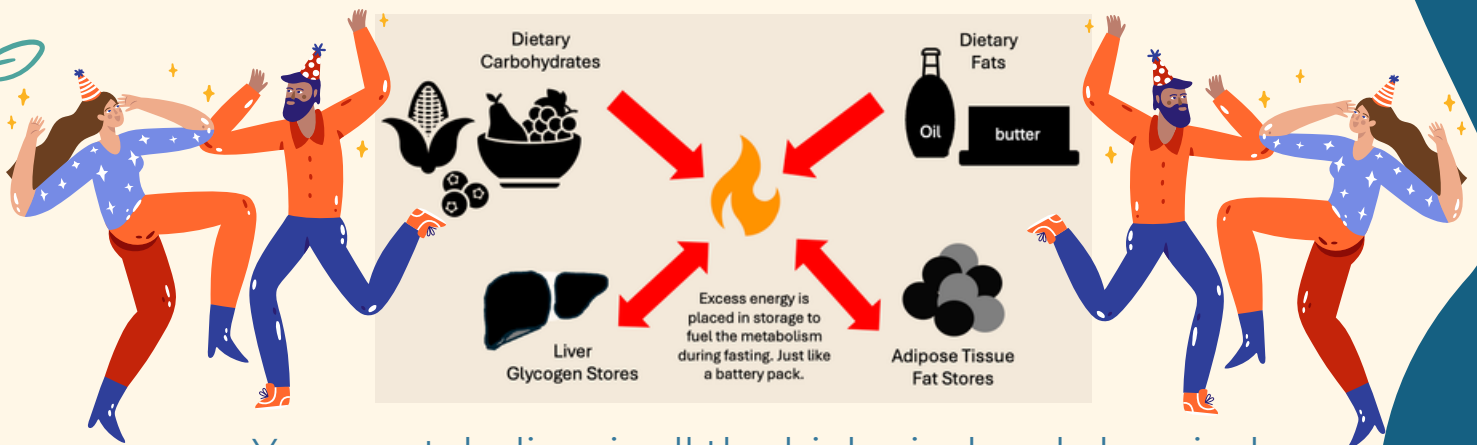
- ★ 4 out of 5 people have metabolic issues, often without even knowing it!
- ★ Understanding how your body works is key to maintaining healthy habits
- ★ Simple diet & lifestyle changes produce rapid and sustainable results
- ★ Metabolic health improves your body, mind, stamina and how you age
- ★ Your lightbulb moments will ripple out to your family, friends and work too



PROGRAMME FORMAT



Metabolic Flexibility



Your metabolism is all the biological and chemical reactions that keep you alive. It determines your energy level, hunger, mental clarity and immune function. When you can easily switch between fat, sugar or your stored energy for fuel, it optimises your performance and minimises your risk of chronic diseases.

We will show you how!

How it works

- Your employers commissions the programme for you
- Course sessions are delivered online across a range of days/times
- A comprehensive handbook and workbook supports every session
- You will learn by experimenting and encouraging each other
- We set up a vibrant WhatsApp community too



Watch our video here

85% of participants reaped benefits in 6-weeks, 88% said it increased their confidence achieving health goals - what do you most want to improve?

www.embrace-nutrition.co.uk

