



# HEALTH ACCELERATOR

Your life in your hands

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Wave 1  
Starts March  
2026  
(places limited)

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

Join our FREE 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
- Managing Stress and Sleep
- Psychology for Healthy Habits
- Exercise and Fasting
- Maintaining Momentum

*Embrace*  
NUTRITION

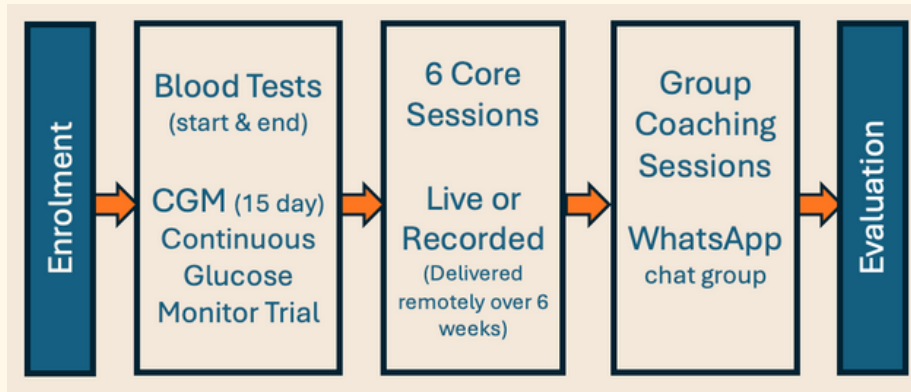
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## Why Attend?

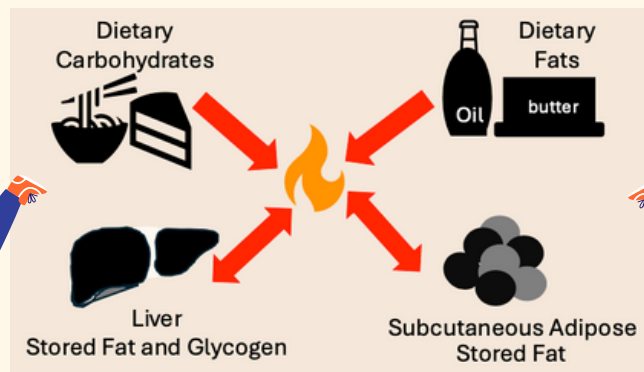
- ★ 4 out of 5 people have metabolic issues, often without even knowing it!
- ★ Understanding how your body works is key to maintaining healthy habits
- ★ Simple diet & lifestyle changes produce rapid and sustainable results
- ★ Metabolic health improves your body, mind, stamina and how you age
- ★ Your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

## Register your interest

- Places are limited so register your interest on our website NOW!
- Course sessions will be delivered online across a range of times
- A comprehensive handbook supports every session and includes additional content on women's, men's and children's health, type 2 diabetes, weight loss and more



 Find out more here!  
[www.embrace-nutrition.co.uk](http://www.embrace-nutrition.co.uk)

