



To book email georgie@healthoutfit.co.uk



MINDFUL EATING: 4-week online programme

Are you overwhelmed by conflicting diet advice or feeling guilty about eating your favourite foods? Have you tried counting calories and punishing yourself with exercise? Should you go low-carb or low-fat? Should you eat more protein? Go gluten-free? Or try fasting? If you want to discover the **secrets to weight loss through mindful eating** then this 4-week online coaching programme is for you!

PROGRAMME OUTLINE

We have been brainwashed into focussing on **what** we eat, not **how** we eat. Have you grabbed a quick snack while multi-tasking, inhaled a meal standing up or wolfed down leftovers in front of the telly at record speed? In this 4-week programme we'll explore practical tools for breaking the **"eat-repent-repeat"** cycle and adopting strategies to eat 'just the right amount'.

YOU'LL LEARN HOW TO:

- 1 Listen to your physical and emotional cues
- 2 Recognise your non-hunger triggers for eating
- 3 Understand which foods make you feel at your best

GROUP 1

Every Friday

Time: 11h30 – 12h30

Dates: 10, 17, 24 June, 1 July

GROUP 2

Every Sunday (morning)

Time: 08h00 – 09h00

Dates: 12, 19, 26 June, 3 July

GROUP 3

Every Sunday (evening)

Time: 19h00 – 20h00

Dates: 12, 19, 26 June, 3 July

Week 1	Week 2	Week 3	Week 4
We start to tune into your body's hunger and fullness cues, noticing patterns in your current eating habits that may be setting you up for emotional or mindless eating.	Focuses on separating food and feelings, learning how to nourish yourself without food and how to turn overeating situations into learning opportunities.	Explores a more mindful approach to eating, learning how to eat without guilt or deprivation.	Looks at how to stop negative thought patterns and overcome future bumps in the road.

All sessions will be for 60 minutes and held on Zoom or MS Teams.
To book your place email georgie@healthoutfit.co.uk with your preferred Group option.

