



Body Fat
Lifestyle & ~~Weight~~ Loss
COURSE

✉ info@truefitness.ie

🌐 www.truefitness.ie



Who is this course for?

- This course is for you if you are an adult who has been in a continuous cycle of weight loss followed by weight regain throughout your life.
- Has your experience taught you that ‘diets’ don’t work in the long term? You are correct and we will explain why.
- ★ People who successfully lose ~~weight~~ *body fat* and keep it off develop techniques to make their new lifestyle an enjoyable way of life. Our course is about teaching you these evidence-based techniques.

Who is this course NOT for?

- If you are looking for a quick-fix we cannot provide you with one because they are not healthy and do not work for long term sustainable ~~weight~~ *body fat* loss.
- Quick fixes are not sustainable, often not safe and usually result in initial short-term weight loss followed by weight regain. Our evidence-based course is the opposite of this.

Course details

- This is a **6-week** online course involving two group workshops per week delivered by experts, supported with lots of recipes, videos, tips and resources.
- Each seminar will end with question and answer time with the experts.
- Seminars are live, online and group-based but our team will also work with you individually.





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Course content

	DATE	TIME	SEMINAR
1	4 th May	8-8:45PM	<i>body fat</i> Practical nutrition for health & weight Loss
2	6 th May	8-8:45PM	<i>body fat</i> Dr Diane’s personal 30lb weight loss journey post pregnancy in 2020 & the crucial role of counting your steps in your weight loss journey
3	11 th May	8-8:45PM	<i>body fat</i> How to modify your home and behaviour for weight loss
4	13 th May	8-8:45PM	Body fat loss – What, Why, How?
5	18 th May	8-8:45PM	Food, mood & weight management
6	20 th May	8-8:45PM	What is the best type of physical activity to increase your metabolism?
7	25 th May	8-8:45PM	Healthy eating made easy on a budget & shopping tips
8	27 th May	8-8:45PM	How to break the cycle of weight loss followed by weight regain
9	1 st June	8-8:45PM	Understanding food labels and how this contributes to your success
10	3 rd June	8-8:45PM	Common weight loss mistakes & how to keep well throughout your journey
11	8 th June	8-8:45PM	<i>body fat</i> Our top 10 nutrition tips for weight loss + dealing with life's set backs
12	10 th June	8-8:45PM	Your ultimate toolkit for success

TUESDAY THURSDAY



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Who is delivering this seminar?



Dr Diane Cooper (PhD)

Dr Diane Cooper is a Clinical Exercise Physiologist with 15 years' experience in exercise and lifestyle prescription for effective weight loss and healthy ageing. Diane also specialises in the treatment and management of chronic disease through exercise and lifestyle prescription.

Diane has lectured, researched and practiced in this area in Ireland, Europe and the USA. Diane is currently working on novel technology and interventions for effective weight loss in the USA.

Diane is passionate about helping people to understand weight loss and how to be successful with their goals. Diane is a monthly contributor on Midlands 103 in this area.



Ruth Kavanagh (MSc, ANutr)

Ruth is a registered and accredited nutritionist which means that she has met rigorously applied training, competence and professional practice criteria in this field.

Ruth is passionate about helping people to reach their goals and to live healthier and happier lives. Ruth takes an evidence-based approach to her work and is an active researcher in nutrition and health.

Ruth has been working with Diane on weight loss interventions for a number of years.

You can read more about Diane and Ruth here: <https://www.truefitness.ie/staff>

How do I secure my place on this course?

Please contact Diane or Ruth via email info@truefitness.ie and we will send you the details.

The closing date for registration is **Friday 30th April 2021**.

What is the course fee?

€199.

Please note payment is required on registration.