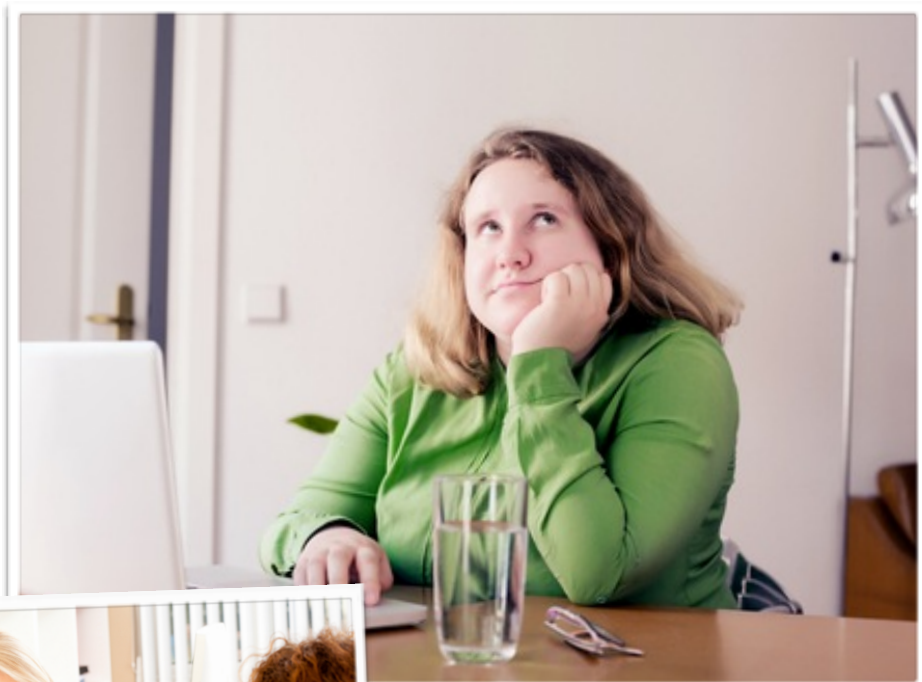


Weight Loss Challenge



Help
Your Staff Achieve
a Healthy Weight

Weight Loss Challenge

Get Your Staff in Shape!

If you are concerned that your employee's health is suffering because they are overweight, then it's time you put them on the Vital Health Nutrition *Weight Loss Challenge*.

The Challenge

The Weight Loss Challenge is an 8 week weight loss programme for between 8 and 48 of your employees. The aim is that they work together in teams to motivate and support each other to lose weight, exercise and eat more healthily.

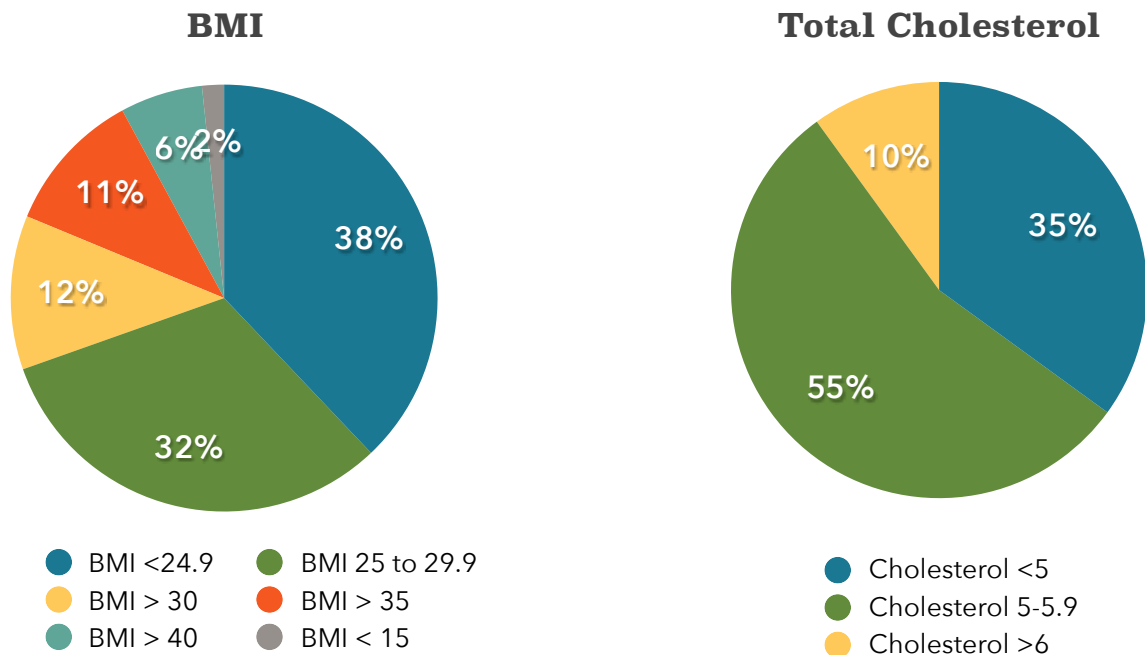
Based on the principles of a low-GL diet and our extensive clinical experience, Vital Health Nutrition offers the structure and support they need to be successful.

The Weight Loss Challenge has three stages: Kick-Off, Support and Weigh-In.

Kick-Off

The Challenge begins with a Kick-Off Day where each participant is given a 15 minute *health screen*. During the health screen they will be weighed and given their BMI, body fat percentage and body water percentage. We will take two small blood samples and test their total cholesterol levels and blood glucose. An optional extra is to include a *Vitamin D test*, as being overweight typically depletes our levels of this important nutrient. We also take a blood pressure reading.

The results of the individual health screens are kept confidential but you will be sent a *report* summarising the results.



Why do we include the health screen? Our experience has shown that having hard data to show that your body is imbalanced and that you are at increased risk of chronic disease is a powerful motivator.

On the same day, we give a *one hour talk* at a time to suit you, on weight loss and the low-GL diet. The talk will cover our methods and techniques for healthy weight loss by eating foods that release their energy slowly.

Each participant leaves the talk with a handout describing the principles of the low-GL diet.

Following the Kick-Start Day we will assign the participants into groups of 4-6, and then begin the Support Phase.

Support

During the support stage each participant is sent weekly emails containing hints, tips and recipes to keep them on track.

Every two weeks we re-visit you for half a day to weigh each group member and to give them a motivational chat.

Information about which group has lost the most weight (measured as total percentage weight loss) is incorporated into the weekly emails to create some lively competition.

Participants are encouraged to get together in their groups to motivate and support each other.

An optional extra during this phase is to include tailored *training sessions* with a personal trainer at a local gym.

At the end of the 8 week period we reach the Weigh In.

Weigh In

For the final stage of the Weight Loss Challenge we re-visit you to weigh each participant.

We calculate the winning group in terms of total percentage weight loss of the whole group and pass you the result. It is up to you if you would like to offer an incentive or reward for the best performing team - spa days or healthy treats are recommended!

Should any participants wish to repeat their health screen at this stage then we can arrange this.



More Information

For more information on the Vital Health Nutrition Weight Loss Challenge or for a quotation, please call Lisa on 07966 478974 or email lisa@vitalhealthnutrition.co.uk