



Real food. Real health. Real life!

"I can't believe how different I feel after just a few weeks - I wish I'd known about Nutrifit years ago. Everyone needs this!"

L. Jackson

6-week Optimum Nutrition Intensive

with Catherine Burns, Nutritional Therapist
and Royal Gazette "Food for Thought" columnist

Join our award-winning nutrition program and change your habits for good. Set within a small group, you'll have all the support and privacy you need to succeed long-term. You'll have the opportunity to lose weight (if you need to), improve your body composition and re-think lifestyle factors that have been standing in your way. Learn how nutrition really works so you can make informed choices that impact how well you feel each and every day. Choose food that nourishes you!

COST: starts at \$38 for the whole 6 weeks (co-pays vary! www.natural.bm for details)

Program includes:

- One to one nutrition assessment with Catherine, tailoring the program to your needs and preferences
- Initial and then weekly biometric tracking to monitor weight, percentage body fat and inch-based measurements (optional)
- 1-hour introductory nutrition class
- 6 follow-up nutrition classes covering key fundamentals and concepts
- Label reading and grocery store tour
- New weekly meal plans and recipe suggestions
- Innovative online meal-planning resource. So easy!
- Access to Natural Nutrition membership events for the duration of the course
- Day to day email/text support from Catherine

Catherine Burns (BA Hons, Dip ION) is a fully qualified Nutritional Therapist trained by the Institute for Optimum Nutrition in London, U.K.

To find out more or sign up, please contact Catherine direct.

Pre-registration is essential. Thanks!

P&S
AWARDS 2013

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LUNCHTIME / EVENING OPTIONS MAY/JUNE 2019

PROGRAM STRUCTURE

All classes at Natural Nutrition (3rd floor, Mechanics' Building, 12 Church St)

ONE TO ONE (45 minutes)

Individual assessment and feedback to tailor the program to your needs. Scheduled individually.

NUTRITION INTRO (1hr)

Thursday 9th May at 12.30pm or 6.00pm for all the info you need to get going. Nutrition guidelines, meal plans, recipes and shopping lists.

BIOMETRICS (optional)

"Before" biometrics available after the intro sessions on the 9th. Weekly follow-ups on Thursdays 12.30-2.00pm, after lunchtime class or before evening class.

FOLLOW-UP NUTRITION CLASSES (1hr)

One weekly in-depth nutrition class at 12.30pm or 6.00pm for the following six weeks covering:

Blood sugar balance - 13th May

Stress & sleep - 20th May

Digestion & food sensitivity - 27th May

Antioxidants & liver detox - 3rd June

Good fat vs bad fat - 10th June

Organics - priorities and tips - 17th June



Catherine Burns, Nutritional Therapist
BA Hons, Dip ION

