



## TESTIMONIALS

“

There's not a soul who wouldn't benefit from Nutrifit. Catherine teaches how to eat well in manner that has permanence. She delivers an enormity of academic and scientific information that she neatly weaves with her own experiences and which local and national cultural behaviors/trends. Catherine provides easy-to-adopt meal plans, whether there is time to cook/prep or not; and the meal plans get further sliced into a step-by-step daily eating schedules for those who need to 'read, buy, and go'. The thing that ties it all together is the accountability – Catherine has standing weekly office hours for weight and body measurements and counsels empathetically around any issues, with a goal of keeping clients on track for success.

**JUDITH HOWE-TUCKER**

“

Just a short note to express my appreciation for the Nutrifit class you taught last month. My goal was to lower my LDL cholesterol levels and while I haven't been tested yet, (that's next week) what I learnt in your class has had a profound effect on my eating habits and well-being already. I've never been one to worry about my weight and have pretty much been happy with a see-food diet, but I now realize that many of my digestive complaints are simply down to allergic reactions from eating foods that that don't agree with me.

This has been brought home to me quite forcefully over the last week as I've been delivering a yacht and eating crap the entire time as it's the only thing on offer. I long to get back home (later today) where I'll be able to get back to my normal rhythm and routine.

Keep up the good work. Cheers!

**JOHN STEELE**

“

Nutrifit exceeded my expectations. The program goes beyond dieting and instead provides you with an immense amount of knowledge around nutrition which altered my eating habits indefinitely. Catherine is supportive and genuinely cares for her clients and will work with you. Her knowledge in nutrition is exceptional.

**ALEXANDRIA GREENSLADE**

“

I wanted to tell you thanks so much for Nutrifit. It has been a help and provided me with principals to make better decisions for meal planning. I know now that if I consistently apply these principals, I definitely see benefit in all areas like weight loss, sleeping and stress levels. That's motivating me every day.

**ANONYMOUS | 40-50 YRS, FEMALE, BERMUDIAN**

“

I have found my consultations with Catherine extremely helpful. She carefully listened to my nutrition concerns, in particular in relation to pregnancy, and offered extremely practical and tailored ideas which were easy to implement and brought much more balance to my diet. I feel empowered to make much better decisions now when doing the supermarket shop, cooking and eating out.

**AOIFE BURKE**

“

In early 2019 I consulted Catherine Burns for some advice on nutrition as I wanted to make some positive changes in my overall health and wellbeing. I was happy to find I was receiving practical advice from the word go, and in a relatively small number of sessions I had the information I needed. One of the specific things I was looking to do was reduce carbohydrates on the advice of my doctor, and Catherine gave me some fundamental and easy to follow rules of thumb for balancing protein, carbohydrates and fats (good ones). I find that approach easy to follow, and therefore I continue to follow it. Catherine also gave me a bit of a nudge to get back to the gym, and between the improvements I have made in nutrition and exercise I feel better than I had been for several years. In summary I would recommend Catherine's services to anyone who wants to make positive life style changes, and if more people did that, I think we would be a healthier society.

**DAVID SKINNER**

“

I took Catherine's Nutrifit course in late 2018. I found the materials, coupled with Catherine's passion for the area and her clear and logical narrative extremely impactful. The knowledge gained has led me to higher and more consistent energy levels through the day, less stomach problems, better sleep patterns and a more positive mindset generally. I just feel better. Going through this transformation makes me wonder why this type of information isn't conveyed as a routine from a younger age. Looking after our one and only body and mind seems fundamental to a range of positive outcomes, from a more productive, positive and happy society, to potentially substantial reductions in health treatment costs. I couldn't recommend Nutrifit highly enough.'

**GRAEME FORSTER**

“

Everything started one year ago when I was desperate to lose weight, and, as we all do, I was looking for a quick-fix. In my case, I was looking for a dietician to put together a meal-plan for me to help achieve my dream. Catherine was recommended to me by my then physiotherapist.

I decided to contact her, and she arranged an appointment for me. Interestingly enough, our first one-on-one consultation did not go as I expected it to go. I was expecting Catherine to write down a meal-plan for me (talking about quick-fix!) so I can get on with my busy life. However, to my amazement, my dream that day did not come true. Instead of providing me with a strict meal-plan, Catherine decided to provide me with an educational program that was going to stay with me for the rest of my life. That was Nutrifit.

Before attending Nutrifit, I thought I was a healthy person. I always believed that I was eating the right foods, although I was struggling losing weight. How bizarre, I told myself! Of course, I blamed my age, my hormones, climate change, or perhaps not being as active I should have been. However, little did I know about body composition, the effect of sugar spike on your body, mood and stress levels, or the role of eating the right amount of protein and veggies with your meals?

Nutrifit has changed my life! It has completely changed my relationship with food long-term. Attending Nutrifit has made me realize that there is no such a quick-fix diet or a magic pill that will help us reverse the damage we create in your bodies by our unhealthily ways of eating. Catherine not only made me understand that to lose weight and to maintain an optimal health is a lifestyle rather than a quick-fix, but most importantly she has given me some healthy habits that are practical to stick to as a new lifestyle, especially given my busy schedule and my exposure to stress.

**TEODORA NAN**