

# Zest4life Nutrition and Weight loss Programmes

Are you serious about losing weight and improving your health?

If the answer is yes then a **Zest4life** programme is definitely for you so do read on! If you are still not sure and have been endlessly struggling with your weight then do check out the special offer on the weight loss clinic which may provide you with all the answers you need!

About Zest4life

Since January 2011 I have been running Weight Loss programmes as a **Zest4life** Nutrition and Weight Loss Coach.

**Zest4life** is an exciting, new and powerful weight loss process designed to motivate you to change and improve your body, your health and your well-being permanently and safely. The programmes are designed to create long lasting change, not a quick fix and are run by trained and qualified Nutritional Therapists. Group sizes are kept small usually between 6 and 12 so there is plenty of scope for individual attention. One to one programmes are also available.

I became interested in running weight loss programmes after seeing clients struggle with weight issues on a daily basis. I recognised that having the knowledge about how to lose weight was not enough for people to make lasting changes. What was needed was an intelligent and educational approach that combines coaching, motivation and exercise. **Zest4life** fulfils all these criteria. This is intelligent weight loss for people who are serious about losing weight and improving their health and who are ready to commit and take action.

I started 2011 by running a diet trial whereby I invited volunteers to join a six week programme. The results were fantastic. Three volunteers lost a stone in weight and most others lost a steady 2lbs or more per week. All Volunteers reported improved health and you can read some of the testimonials at the bottom of this page.

## Patrick Holford

The zest4life process was developed by a team of experts including Patrick Holford, one of Britain's most respected Nutritionists. The vital ingredient of motivational weight loss coaching is an integral part of the process. This helps to set goals, overcome emotional eating and barriers to success so that you remain motivated to reach your objectives and really change your life for good.

## What is the eating plan and what is good about it?

You will follow Patrick's delicious and easy to follow, gourmet low GL eating plan which has proven in many trials to be twice as effective as low calorie, low fat diets. Many people are confused by the myriad of fad diets and conflicting information in books and magazines. We provide you with the opportunity to re-learn how to eat properly and healthily - in a way you can continue for the rest of your lives. You will

learn what foods you can and can't eat, how often and how much. Following a low GL diet banishes hunger, cravings and energy dips. You will transform from a sluggish fat storing body to an efficient fat burning machine and all it takes is 30 days!

### **What results can you expect?**

Typical client results when attending a zest4life programme include:-

- Weight loss of 10-12lbs in 6 weeks
- Reduced body fat and increased lean tissue
- Dramatically increased energy levels
- Greater self confidence and body image
- Lower stress levels
- Better memory, concentration and alertness
- Reduced cholesterol
- Improved mood and feelings of well-being

I am currently running two **Zest4life** Weight Loss Programmes in Newcastle Upon Tyne, a **Fast Track programme** and a **Coaching Programme**. For details of current programmes please see the main [Weight Loss Programmes](#) page.

### **More details of these programmes are below:**

#### **Fast Track Programme £65**

This programme provides an excellent introduction to the concept of Low GL eating. Before the programme starts you will be asked to fill out a health profile and lifestyle assessment form so that your coach has a feel for your needs prior to the programme. The Low GL eating plan will be explained in detail in the first session and we will work on setting some weight loss and health goals for the duration of the programme and beyond. Your body composition will be assessed using the Tanita body composition machine which gives details of body fat, muscle mass, level of hydration, BMI, BMR, ideal body weight and fat mass as well as your metabolic age which will all be printed out for you. You will be required to fill in a food diary each week

In subsequent sessions your food diary will be checked, your body composition calculated, we will set goals and cover areas of the Low GL eating plan in more detail

#### **Coaching Programme £85**

This is suitable for those who have already completed a zest4life programme, still have weight to lose and would benefit from the ongoing support of a group programme.

Each week body composition will be monitored, food diaries will be checked, weight loss and health goals will be made and we will focus on one area of the low GL eating plan in more detail.

**Zest4life** programmes are also available on a one to one at basis for those people who prefer not to be part of a group.

If you are unsure as to which programme would suit you best or would like more information on any of the programmes listed above please ring Helen for an informal chat on 077114 97243 or book in the [weight loss clinic](#) to find the right weight loss solution for you.

### **Corporate Weight Loss Programmes**

I would be very happy to run corporate **Zest4life** weight loss programmes in the work place. Please ring Helen on 07711497243 for more details

### **Client Testimonials**

These are a selection of comments from people who took part in the 6 week Diet Trial:-

*I am really convinced by this way of eating. My sugar cravings have gone, my need for chocolate and coffee, sugar and tea to keep me going has been eradicated, and my mood and energy slumps in the early /late afternoon are not there anymore. My joints no longer ache, and when I get up in the morning I do not walk so stiffly, I feel suppler and lively. My hair feels softer and I have days when I feel really good. I have really enjoyed the programme and have learnt such a lot about food. If you had given me a book I would never have taken it all in. The programme has been the thing that has motivated me and kept me on track. Thank you so much.*

**Cate**

*I really enjoy the eating plan; it has opened up a new range of food and drinks to me and given my cooking experiences a boost with exiting and tasty new recipes. I feel, 'invigorated,' have much more energy and enjoy exercise which is something I haven't enjoyed in years. I have lost 4 inches round my hips and 3 ½ inches at my waist and already buying clothes 2 sizes smaller all within 6 weeks. Thanks.*

**Fiona**

*My aim was to loss ½ a stone during this trial. In fact I lost 8lbs so I am delighted with the results. I have seen this as a life change rather than a diet.*

**Pat**

*Since moving to a low GL diet I have lost 1 ½ stones. I have found this way of eating easy and enjoyable to follow. I have increased energy and feel more positive. I am now following the diet with an 80/20 rule to maintain my weight loss and this is working well.*

Appointments available in Newcastle-upon-Tyne and Central London. For bookings and information, please [get in touch](#).