

## **Feel Good Factor Weight Management Course Details**

The course will consist of 10 weekly one hour sessions and is payable in advance. The cost for the course is £100 and covers all materials provided by the class leader, Registered Nutritional Therapist and Personal Trainer Carol Marlow who also has MS.

It will include information on both diet and exercise and for those that wish to take part there will be a 25 minute exercise session after each weekly session at no further cost.

If you miss a week due to illness or holidays you will be invited to a catch up session. This may be in a small group or by telephone.

### **Aims of the Course**

The course is designed to educate you about how food is used within your body and how simple changes can alter immune function, energy levels, reduce blood pressure and cholesterol levels. By following the eating plan and understanding basic principles of diet and lifestyle you should see improvements very quickly. There are no guarantees but by sticking with the plan most people report feeling less bloated and having more energy. Losing weight and better skin are also major side effects! The group sessions are about having some fun and getting support from other members.

### **The Plan**

The eating plan will be based on a paleo style of eating as this is widely agreed to be beneficial for all inflammatory illnesses such as autoimmune disease. I will however offer modifications. It will also cover useful supplementation information both for weight loss and MS generally.

### **Monitoring Progress**

For those that are able to stand unaided and that have no electrical implant devices you will be able to monitor your progress by using body composition scales which will offer you information such as body fat %, muscle mass and your metabolic age! If you cannot use this method then your own clothes and/or a tape measure will be used as guidance.

### **Small Group**

The weight management group(s) will consist of 6 members as this allows for individual attention. More than one group can be run if demand requires.

### **Face Book**

You will also be invited to join a closed face book group for additional support between sessions as well as allowing me to post extra information and recipes to help you. No one outside this closed group will be able to see the posts.

### **Support**

As well as the Facebook group you will receive email support for the duration of the programme should you require this.

### **Booking your place**

Ask at reception for a booking form. This includes a short health questionnaire and must be signed.

### **Queries?**

Please email [carol@libralife.co.uk](mailto:carol@libralife.co.uk) or telephone 01635 684897

GENERAL HEALTH WARNING: The information and advice provided by Carol Marlow Dip ION MBANT CNHC is not intended as a substitute for medical advice. Any person suffering from conditions requiring medical attention, or who have symptoms that concern them, should consult a qualified medical practitioner.