

## September Reset: Post-Holiday Wellness Challenge

Join the inspiring and motivating small group challenge with nutrition therapist Magda Stanton, designed for ladies who would like to learn how to implement healthier diet every day to improve energy levels and maybe lose a few pounds along the way.

Over the course of four weeks, we will inspire and motivate each other, share our successes and failures, recipes, and learn how to eat well without a restrictive regime. Let's turn our goals into reality together and enjoy an autumn season full of vitality!

### What's in Store for You?

- **Starter Plan:** Get started with a detailed nutrition guide including recipe plans and menu examples. Video recipes will also be provided to keep things easy and fun.
- **Inspiration and Motivation:** Tips and tricks along the way to keep you on track and excited about your progress.
- **Learning:** Weekly presentation sessions about nutrition and other pillars of health such as functional breathing, sleep, stress, movement and their impact on our wellbeing.
- **Support and Sharing:** A closed Facebook group where you can share food photos, get feedback, celebrate successes, discuss challenges, ask questions, and receive support from Magda and other participants.
- **Regular Online Meetings:** Once a week live meeting via Google Meets with recording available if you are not able to participate at given day/time. Day and time will be chosen by majority preference.
- **Energy and Vitality:** We will work together to boost your energy and vitality with a balanced and nutrient-rich diet.
- **Recipes and Advice:** Enjoy healthy recipes, nutrition tips, and guidance on how to maintain these habits during and after the program. The goal is to change your eating habits, not start another crash diet.
- **Physical Activity and Functional Breathing:** Participate in simple and effective breathing exercises you can do at home to manage stress and control cravings.

### Who is the Challenge For?

- All ladies who want to reset after the holidays and start the autumn season with better habits for themselves and the whole family.
- No matter your fitness level, dietary preferences, or current lifestyle, this challenge is adapted to meet everyone's needs.

**How to Join?** Please email your interest at [info@flavourforlife.co.uk](mailto:info@flavourforlife.co.uk)

Limited spaces available, max. 15 participants

Book by 30.6.2024 to receive an early bird discount

**Price:** £99 Early bird **discount price £75**

