



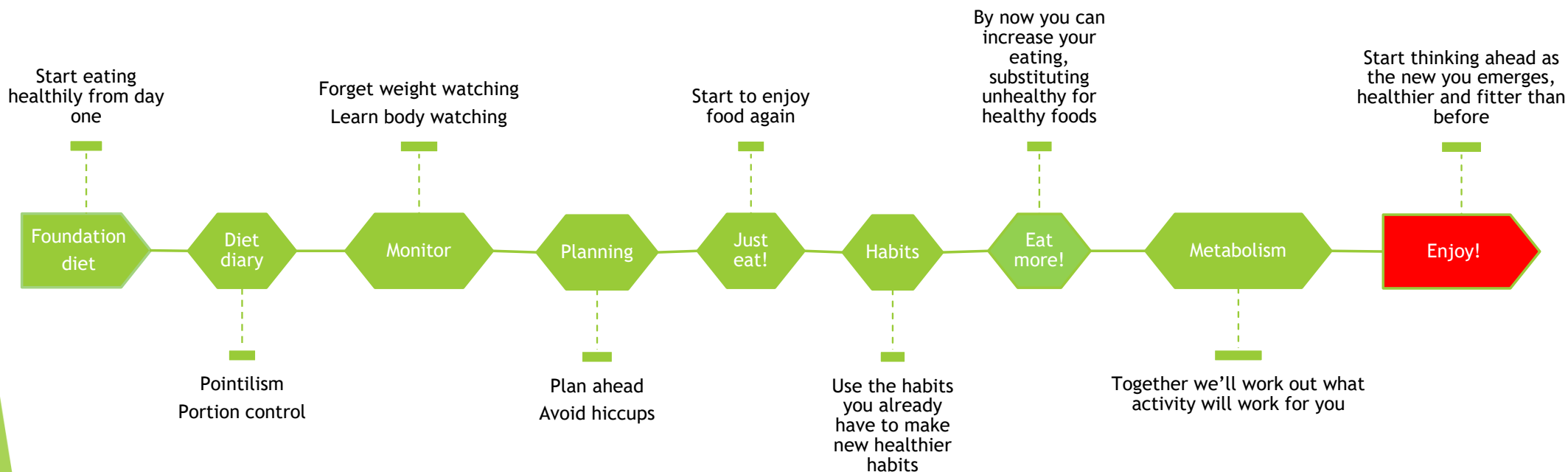
Enjoy!

Session 9

# The programme



1 2 3 4 5 6 7 8 9



- Start thinking ahead



Image: Opulentpools.co.uk





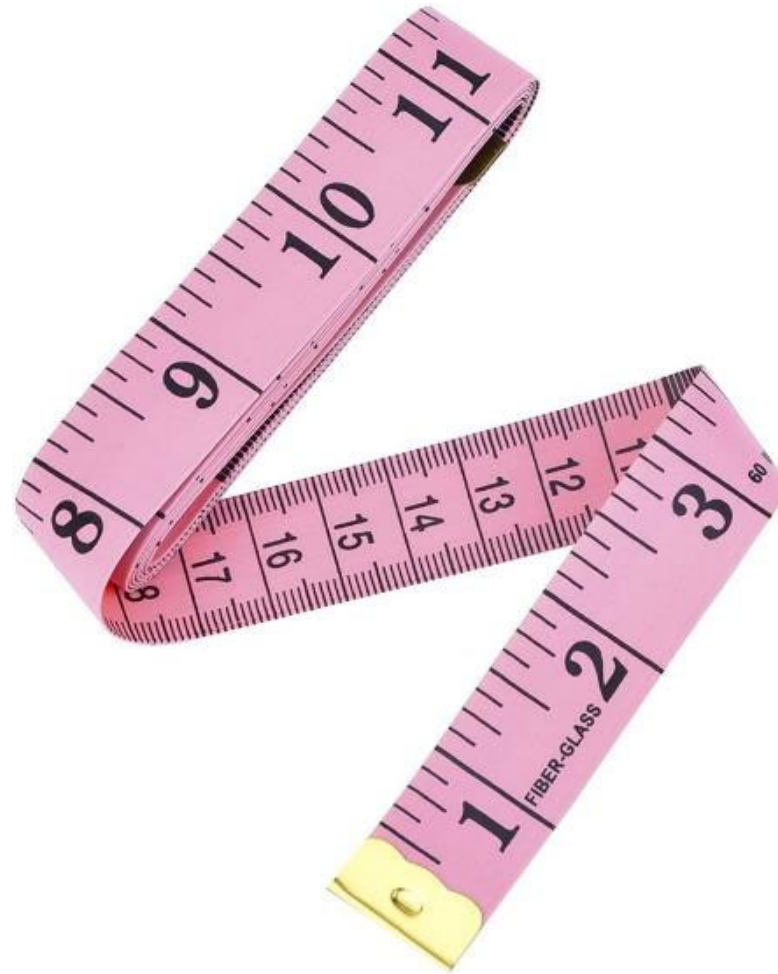
1

2

3

# Keep monitoring

- ▶ Continue to record
- ▶ Continue to monitor
- ▶ Regularly review





Diet - portions

- Daily

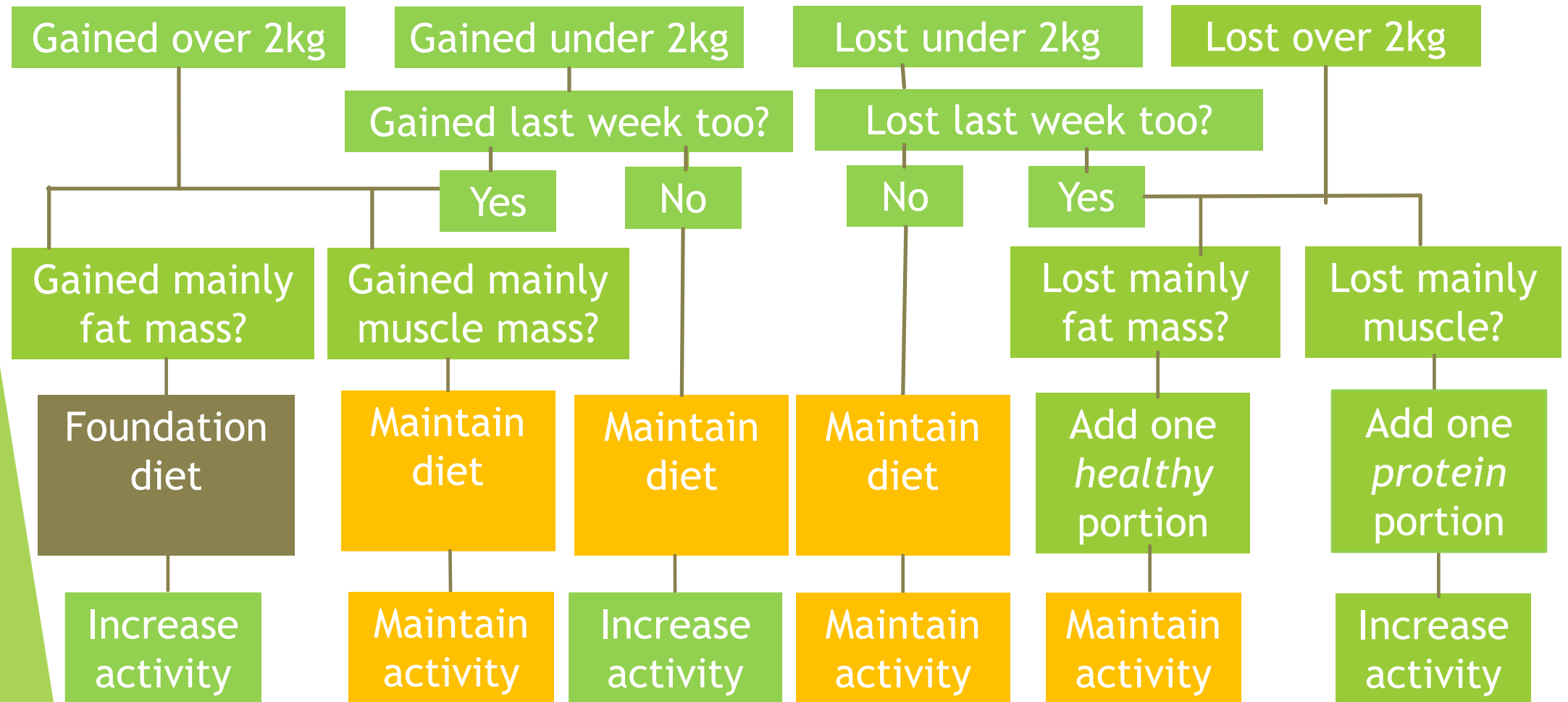
Activity –  
Step-count

- Daily

Body composition

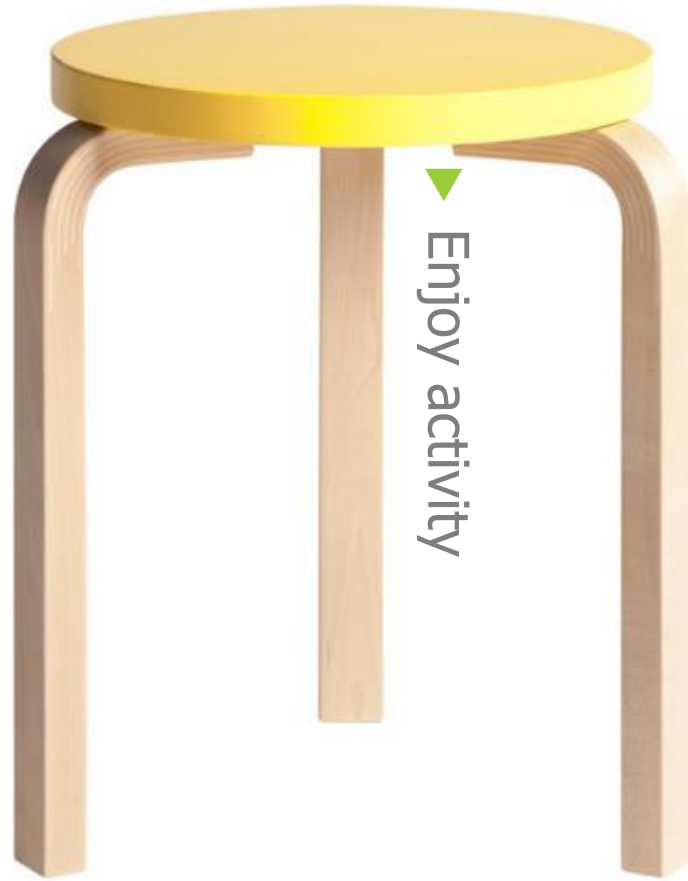
- Daily

# Don't panic! Have you lost or gained weight this week?



From now on

▶ Enlarge your horizons



▶ Enjoy activity

▶ Eat healthily







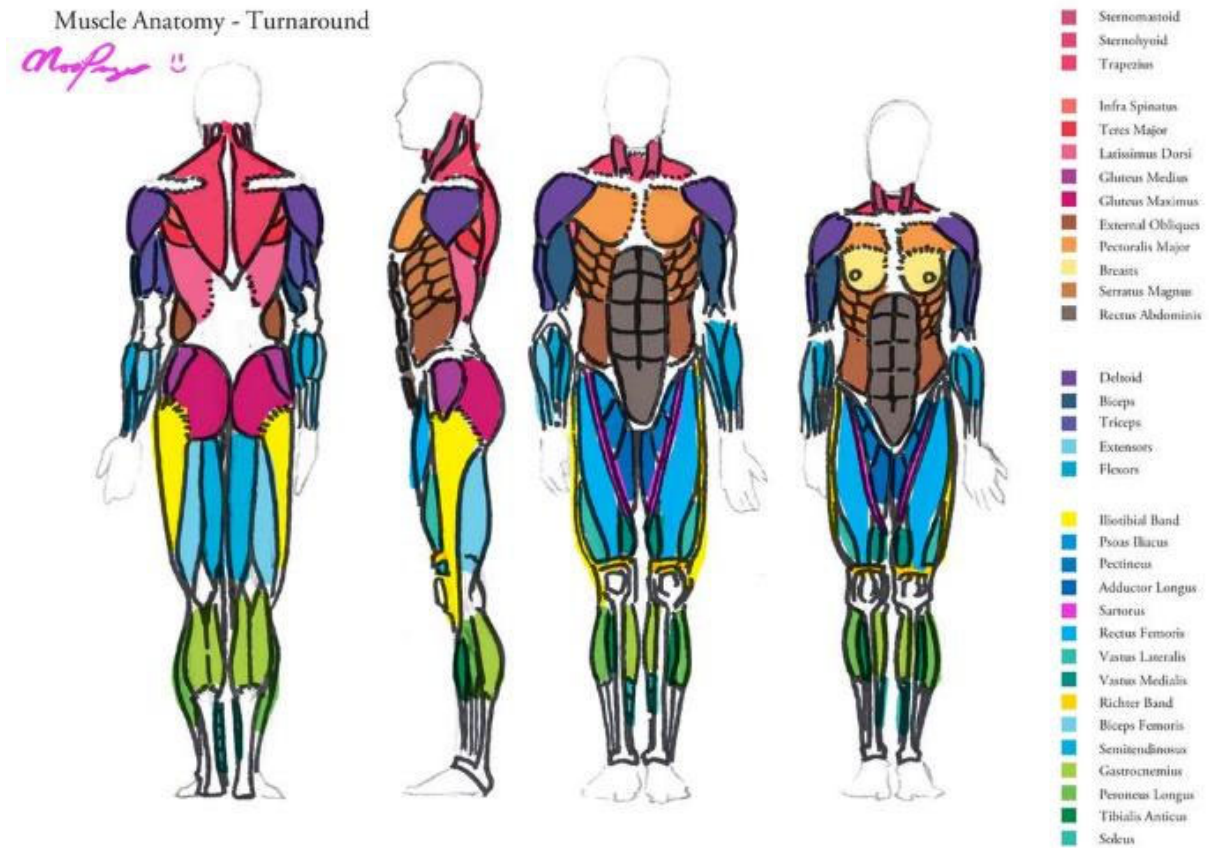
# Why do so many people get fat again?

- ▶ They panic
- ▶ They haven't learned healthy eating
- ▶ They don't realise that maintenance requires long term focus
- ▶ They don't know that a little weight gain after a diet is normal and healthy
- ▶ They don't monitor
- ▶ They see weight as an end in itself – rather than health as the real goal
- ▶ Repairing the metabolism is a long term commitment
- ▶ They haven't integrated eating and exercise into *normal* life
- ▶ They have no-one to turn to



# Muscle mass

## ► A word of caution



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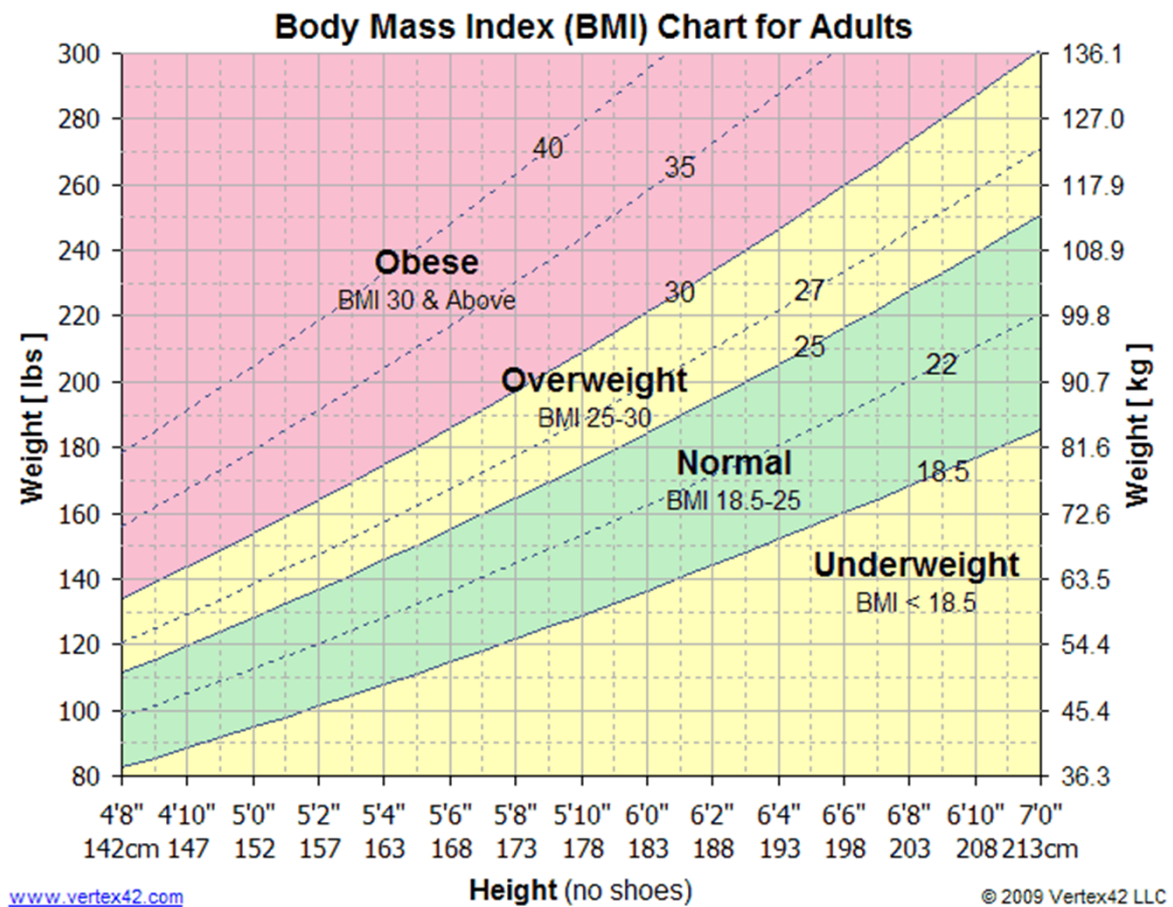


- ▶ Take back control
- ▶ Give yourself some targets
  - ▶ Body
  - ▶ Activity
  - ▶ Life
- ▶ Reward yourself



Image: Eric Putz

- What is normal?
- If your fat mass is normal (from the body analyser)
- If your weight is normal (from the charts)
- If you are active







- ▶ Relaxation
- ▶ New clothes
- ▶ Learning a new skill
- ▶ Friends and family
- ▶ A hairdo
- ▶ A walk
- ▶ A book



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- ▶ Fill in the evaluation form

- ▶ Donate a review

*Wendy's personal twitter site*

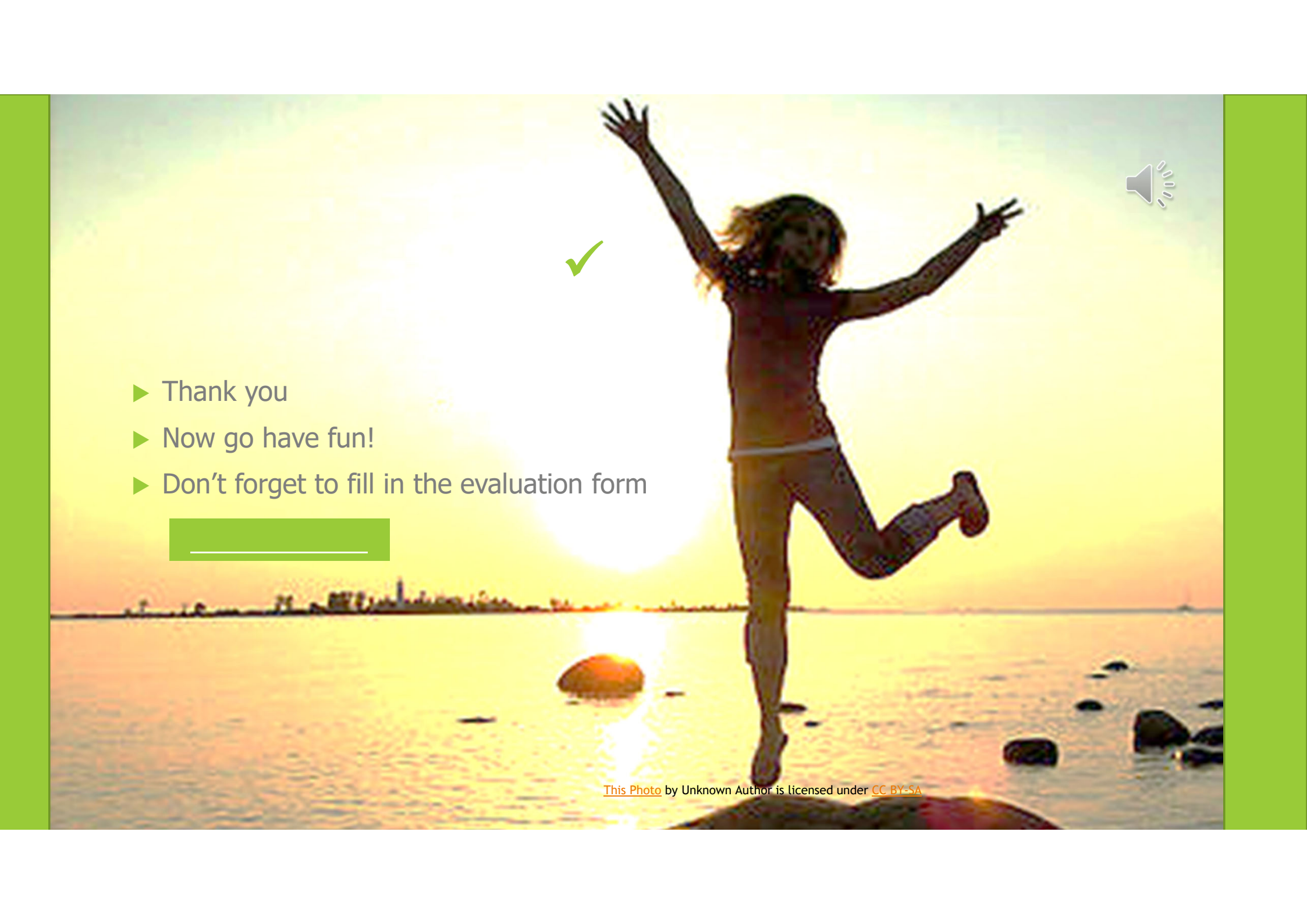
- ▶ Donate to the Tip Jar

- ▶ Follow The Good life

*5 online healthy eating articles*

- ▶ Subscribe to the blog

If you have any queries you are always welcome to email  
[Wendy@wendyshillam.co.uk](mailto:Wendy@wendyshillam.co.uk)

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- A woman with long hair is captured in mid-air, jumping joyfully on a large rock in the middle of a body of water. The scene is set during a vibrant sunset, with the sun low on the horizon, creating a warm, golden glow across the sky and water. The woman's arms are raised high, and her legs are spread wide in a carefree pose. In the background, a distant shoreline with some buildings is visible. The overall mood is one of happiness and freedom.
- ▶ Thank you
  - ▶ Now go have fun!
  - ▶ Don't forget to fill in the evaluation form

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