



## Seminars

### Want To Look And Feel Better?

This seminar focuses on health and wellness and introduces those attending to a lifestyle that will help them to look and feel better.

A range of topics are covered including;

- The power of exercise
- Personal goal setting
- Weight loss
- Toning up
- Eating correctly
- Staying motivated

Those stressed out and unable to find time to exercise and eat correctly are strongly advised to attend this inspirational and energetically presented seminar which sets out to both educate and motivate. Attendees won't be disappointed and it will change their lives for ever.

### Your Work. Your Life.

Maintaining a healthy work life balance is one of the biggest challenges facing people as they confront the growing demands of this world. Consumed by their jobs, people often ignore and forget how to prioritise what is most important and valued in their lives.

Those with balanced lives are more effective, experience less stress and enjoy greater job satisfaction leading to more fulfilling relationships both on and off the job.

In this seminar those attending will learn how to:

- Implement ideas that will balance their work and life
- Create more time and increase their effectiveness

### Got the Body You Want?

Sure, you might be exercising for up to an hour on most days of the week but:

- What is happening when you're not exercising?
- Is your exercise programme really giving you what you want?
- Should you really be eating more protein and more vegetables?
- Does eating just 1 piece of fried battered fish really give you the same number of calories as eating 12 sushi rolls?
- Is it really ok to eat chocolate?

Presented by Mish McCormack and Kath Fouhy (Fouhy Dietitians), those attending this seminar will hear how a properly structured nutrition and exercise programme will give them the body they want.