

What have you got to lose?



I used to look like this

Then I lost 6 stone!



Now I can help you to do the same

10 Week Weight Loss Course

Would you like to learn how to lose weight easily and keep it off permanently?

Would you like to be slim and to eat healthily for the rest of your life?

Would you like to receive compliments from friends, family and work colleagues about how you look in fantastic shape?

Yes?

Then you need a **sustainable** lifestyle change!

The **secret** to enjoying lifelong weight loss is to learn how to make losing weight feel **easy**.

You're more likely to **succeed** if you can eat what you want whilst you stay lean and **looking fabulous**.

My weight loss course is exactly what you've been looking for.

My Story - No abstinence or resentment, just a new way of life.

In 2005 I was working in the financial services sector in London and I was a 21 stone unfit smoker! I decided to change the way I ate. In fact I had a good look at the rest of my lifestyle along the way and even changed careers. I became a Personal Trainer and Nutritional Adviser.

I am now over **6 stone lighter**, a non-smoker and a lot fitter.

I've done what you want to do. **I get it.**

I'm still doing it. **I still get it.**

It must be so frustrating to receive weight loss advice from someone who can't empathise with you.



Age 34
Lose weight now!



Age 38
This really works!

I have spent years learning the secret of easy weight loss and maintenance. Now you can learn it in much less than half the time; just 10 weeks in fact!

So how will I help you?

By providing you with one-to-one nutritional coaching, advice, motivation and education.

What does the course involve?

- We'll meet once a week, for 2 hours at your home
- Initial review of current diet and lifestyle
- Regular review of food intake
- Nutritional and lifestyle advice
- Weekly support; helping you through tough periods such as Christmas or holidays so you make progress no matter what time of year
- Goal setting to ensure sustainable changes
- In-depth look at the foods in your fridge and cupboards
- A personal shopping trip
- How to plan and prepare healthy meals
- Weekly learning tasks.

By the end of this course what will you have achieved?

- I expect my clients to lose at least a stone in 10 weeks
- A good knowledge of proteins, fats, carbohydrates, vitamins and minerals
- An understanding of food labelling, additives and what has really been put in your food
- The ability to analyse food yourself and judge its health value
- The know-how so you can lose as much weight as you like in the future as you'll be self-sufficient.

How much is it?

- £75 per week for 10 weeks (discounted to £650 if you pay it all in advance)
- The support of your friends could make a huge difference. Discounts for groups of 2 to 4 people (as low as £30 per person / per week)
- Is there someone special who could really benefit from improving their health? Gift vouchers also available.

Every week I observe hundreds of people dedicating time and effort to exercising at the gym in an ongoing attempt to lose weight.

A realistic and sensible weight loss goal is 1 to 2 pounds per week. If you have been exercising for a year then surely you should have lost nearly **4 stone** (assuming you want to / need to).

If you haven't lost the weight you would like to lose, the hard fact is that something else is needed to **complement** all that effort.

You need to make some **positive lifestyle changes**.

The missing link is a **sustainable** diet.

It has to be!

Do something different.

Do it now.

How do I start?

Let's meet first; it's **free** and I'll tell you more and you can ask me anything you like before getting started.

What have you got to lose?

Oh yes, all that weight!

Put your health first for a change.

Give me a call or drop me a line, but do it **now** before you file this with your take-away menus!

I look forward to meeting you.

Paul

Paul Butler BSc (Hons)

- ✓ Nationally accredited in Nutrition and Weight Management Advice
- ✓ Active IO Level 3 Certificate in Personal Training
- ✓ Registered with the Register of Exercise Professionals, member no. R0052122.

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