

**GAIN STRENGTH**  
**IMPROVE NUTRITION**  
**BOOST ENERGY**



**YOUR  
HEALTH  
NORFOLK**

# **FREE** Adult Weight Management Service

## Your 10-Week Journey:

**1. Balancing Act:** Understanding the Components of a Healthy and Nutritious Diet

**2. Ultra-Processed Foods:**

Unveiling the Truth

**3. Exercise:** Beyond Weight Loss, A Path to Overall Health

**4. The Power of Protein:** How it Aids in Weight Loss and Boosts Your Health

**5. Fats:** Finding the Right Balance for Your Health

**6. Carbohydrates:** Essential Fuel or Hidden Hazard?

**7. Fluids and Alcohol:**

Understanding the Effects and Risks

**8. Gut Health:** Nurturing Your Microbiome

**9. Sleep Better, Live Better:** The Connection Between Weight Loss and Sleep

**10. Portion Control and Food Labels:** Essential Tools for Effective Weight Loss

**Nutrition**

**Or**

**Nutrition &  
Exercise**

**Sign Up  
Here:**

