

GOOD *enough* WEIGHT LOSS

Need some support losing weight?

- As you get older have you found that weight is harder to shift than ever?
- Do you have children and feel more busy and tired?
- Are you looking for support and ideas to combat binge eating?
- Do you want to feel more comfortable in certain clothes?
- Do you find yourself busy taking care of others, but spend very little time taking care of you?
- Do you want to make lifestyle changes that are sustainable, rather go on yet another diet plan?



You're Not Alone

We offer a bespoke weight loss programme, which is tailored to your lifestyle.

Good Enough Weight Loss can take you on that journey and help alleviate the guilt and pressure you might feel when trying to embark on a healthier lifestyle.

Titi has supported over 100 people in their weight loss journey and with her training as a counsellor, she offers a holistic approach in addressing the unhealthy triggers that affect emotional and physical health.

Crucial to her approach is that you do what you can, when you can. It's not a quick fix or a go hard on yourself plan. If all you can invest is 5 minutes a day towards a healthier you, we'll start from there.

Scan QR Code to Register



Price: 475RMB per week

Included in your package:

- 4 week plan – with weekly videos
- Individual coaching support (150 mins)
- Life Balance weekly schedule
Tailor made to meet your needs
- Supportive Food Log
To identify cravings & patterns of emotions
- Templates to create:
Shopping Lists, Exercise and Food Plans
- Creating realistic lifestyle changes that involve:
 - Your Personal Motivation (Your Why).
 - Weaning Plan – help you develop healthier habits.
 - Positive Replacement Strategies, when faced with cravings.
 - Relapse Recovery Plan
 - Positive Self-Talk Quotes
 - Relaxation & Fun!

Start your journey today

Visit: www.hilldynamics.org

