

# Health*i*



## 8 WEEK Weight Loss Course



[www.healthi.life](http://www.healthi.life) | 165 West Street, Sandton

## INTRODUCTION

Have you ever faced the daunting challenges of your weight loss journey, desperately seeking that extra guidance and support to achieve your long-awaited health and weight goals? Are you weary of the endless cycle of diets and workouts that seem to yield limited results? You're not alone; countless people have encountered these very same hurdles on their quest to shed unwanted weight and improve their overall health.

Our programme is specifically designed with your journey in mind. We understand the frustration and setbacks you may have experienced. That's why we're here – to offer you the personalised support, expert guidance, and effective strategies you need to finally break free from these challenges. Join us on this transformative journey toward improved health, increased happiness, and enhanced self-confidence.



## PROGRAMME OVERVIEW

This 8-week programme offers a comprehensive approach to achieving a fitter, healthier you.

Through interactive modules and expert guidance, you'll make sustainable lifestyle changes that lead to effective weight management and an improved sense of well-being.

You'll cover 12 carefully designed modules, ensuring you acquire essential knowledge, skills, and tips for success.



# COURSE OUTLINE

Discover how each module will help you achieve your weight loss goals and improve your health successfully.

- **Module 1: Foundation for Success:**

Learn the fundamentals of successful weight loss, including setting goals and building a positive mindset.

- **Module 2: Mastering Nutrition Basics:**

Explore the principles of healthy eating, meal planning, portion control, and making informed food choices.

- **Module 3: Exercise Essentials:**

Discover the importance of physical activity, effective workout routines, and integrating movement into your daily life.

- **Module 4: Mindful Eating and Emotional Wellness:**

Develop mindfulness around eating habits, manage emotional triggers, and cultivate a balanced relationship with food.

- **Module 5: Building Healthy Habits:**

Learn how to establish and maintain healthy habits that support your weight loss journey in the long term.

- **Module 6: Overcoming Plateaus and Challenges:**

Equip yourself with strategies to overcome weight loss plateaus, handle setbacks, and stay motivated.

- **Module 7: Sleep and Stress Management:**

Understand the impact of sleep and stress on weight loss and acquire techniques to improve sleep quality and manage stress effectively.

- **Module 8: Creating a Supportive Environment:**

Explore how your surroundings influence your choices and learn to create an environment that promotes healthy living.

- **Module 9: Sustainable Progress:**

Discover strategies to maintain your progress, prevent relapse, and continue your journey towards a healthier lifestyle.

- **Module 10: Navigating Social Situations:**

Learn how to make mindful choices during social events, dining out, and other challenging scenarios.

- **Module 11: Celebrating Success and Self-Care:**

Acknowledge your achievements, practice self-care, and cultivate a positive self-image.

- **Module 12: Moving Forward:**

Develop a personalised plan for your post-programme life to ensure continued success and growth.

## DURATION

The programme is 8 weeks long,  
with a total of 16 hours  
(1 x 2 hour session per week)

## DATES

3 February 2024 – 23 March 2024  
Saturday Class from 9am - 11am

## MODE OF DELIVERY

The programme is delivered face-to-face online, with a two-hour session delivered once a week, along with self-paced learning activities. You will have access to resources on our online learning platform.

## FACILITATOR

Our highly experienced and qualified sports scientist with global experience is highly dedicated to guiding you on your path to successful weight loss and improved well-being.

## WHO SHOULD ENROL?

This programme is designed for:

- Individuals who have struggled with weight management for years.
- Individuals who are just starting their weight loss journey.
- Those committed to making positive changes in their lives by losing weight and enhancing their overall well-being.

## BENEFITS OF THE PROGRAMME

- **Comprehensive and structured curriculum:**

This programme will guide you through a thorough and systematic process of losing weight. You will acquire knowledge and practical skills to lose weight and maintain a healthy lifestyle during each session over an eight-week period.

- **Expert guidance and support:**

There is no silver bullet to losing weight, you have to put in the effort to see the rewards. However, we are here to support you along your journey. This programme is delivered by a highly experienced sports scientist who is dedicated to supporting you throughout your journey.

- **Personalised strategies for sustainable weight loss:**

You will be required to complete a **Personal Development Plan** that outlines the goals that you want to achieve over the eight weeks. Your dedicated facilitator will review this plan with you to determine its feasibility and recommend personalised strategies to ensure you achieve your goals during and beyond the programme.



- **Improved overall health and well-being:**

This programme is more than a weight loss programme as you will be equipped with knowledge, skills, and tools to improve your overall health and well-being, physically and emotionally.

- **Enhanced self-confidence and body image:**

It will assist you to boost your self-confidence and improve your body image by developing physical strength, improving muscle tone, and promoting a sense of achievement.

## COST OF PROGRAMME:

~~Was R10 000~~

**NOW R4,900 (incl VAT) or \$255 per person**

Sign Up Fee: R500

Payment Options: R2200 (Split Over 2 Months)

## VALUE ADDS

- **Personalised Assistance:**

The training programme will be delivered “face-to-face” online where you will be able to ask the experienced facilitator questions and engage interactively in the online sessions. Additionally, we also provide personalised assistance and individualised attention throughout the programme.

- **Complimentary health assessment:**

You will receive a free health assessment to understand your individual needs and goals.

- **Free online HIIT class:**

You can access complimentary synchronous online exercise classes in HIIT valued at R500 (Terms and conditions apply.)

- **Exclusive discounts for supplements:**

You will enjoy exclusive discounts on premium health supplements from Healthi.

- **Comprehensive study materials:**

You will receive comprehensive study materials, including worksheets, activities, videos, and meal planning resources.

- **Wellness wednesdays:**

Elevate your wellbeing every Wednesday with free expert health and fitness guidance at Healthi.



## HOW TO APPLY

To join our programme, follow these simple steps:

- Visit our website <https://www.healthi.life/weight-loss-course/>
- Click on the "Apply Now" button to access the application form.
- Fill out the required information and submit your application.
- Once we receive your application, our team will review it and get in touch with you shortly.

### Scan QR Code

Scan the QR code to access our application page directly



## ABOUT HEALTHI

Healthi is the place where genuine wellness begins. We firmly believe in achieving wellness through a balance of physical, mental, and spiritual health. Our holistic development approach is crafted to enhance all facets of intelligence – cognitive, emotional, spiritual, physical, financial, and social – empowering you to realise your full potential.

Healthi is a subsidiary of Regenesys Business School, and we take pride in being a part of the Regenesys Business School's 25-year brand, as a longstanding champion of holistic development. By becoming a member of Healthi, you will gain the advantages of Regenesys' decades of experience in offering comprehensive solutions for personal growth and development.

