

Six Weeks to a Slimmer You!

Six Weeks to a Happier You!

Six Weeks to a more Energised You!



Do you have extra pounds settled in around your waist, your thighs and your upper arms? Are they stubborn and just won't budge?

Is food a joy for you? Or are you at war with it? Do you have a positive body image? Or is that just wishful thinking?

Is each day an exciting prospect for you? Do you know that it can be? You don't have to haul yourself out of bed to face the day.

In '6 Weeks to a Slimmer, Happier, more Energised You!' we'll remove eating habits that are not serving you and implement new ones that will. We'll reframe the thoughts you have about yourself and about food. We'll get moving, we'll rev up that metabolism, and we're going to have a lot of fun!

Weight management is a lifestyle commitment. But that doesn't mean that it has to be dull. Quite the contrary. We'll look more closely at what you love: what you love to eat, what you love to do and what you love to be. It's not just about food and, yet, it is also about food.

And it won't end after 6 weeks! What you learn in this course, you will be able to continue to implement. That's because it is a lifestyle not a diet.

On the course we will cover these topics:

1. What to eat and drink (plus where and how).
2. What to think (about food and yourself).
3. Movement (a.k.a exercise).
4. How to increase your energy level and get that metabolism firing.
5. Body image (make the best of what you have and be your own best friend).

And we'll do it in a community! We're better when we work together!



I am passionate about all of these topics. And I believe they all come down to this question, how do we live life well? And now that I am in my mid-life, how do I keep my metabolism firing and stay in control of my weight?

Like you, I have asked these questions. And now I want to share with you what I am learning!

Here's what you will get Monday to Friday for each of the 6 weeks:

1. A daily video (max. 6 minutes) on our topic of the day via Facebook.
2. An inspirational blog on our topic of the day by email.
3. Supporting material and worksheets as required by the topic of the day.
4. The daily topics build on each other to move you forward as you implement each one.
5. Access to a private Facebook group where you can ask questions and share your suggestions and experience.

Here's what you will get on the weekend:

1. A summary of what we have learnt the past week and to date.
2. A menu plan for the following week.
3. Recipes as applicable to the menu plan.
4. Sundays off to do as you wish.

Here's what you'll get once a week:

1. We'll hop on a Skype call to talk 'face-to-face'.

Here's what you will have after 6 weeks: a Slimmer, Happier, more Energised you!

I'm excited about it!

The investment for these 6 weeks is CAD\$97¹. But that is not all! Not only will you receive the videos, blogs and 1-on-1 session but you will also receive 2 boxes of Metabolism tea and the amazing Essense Miracle Tissue Oil. The tea and the Tissue Oil are integral parts of the program.

You can register and purchase the 6 week program on my website under 'New Products' at:
www.rooibosstore.com.

But hurry, because the early bird pricing starts at \$66, each day after that it increases by \$10.

Are you in? Trust me! It's going to be fun.

Join me on the journey!

Brenda



¹ Purchases by Canadian residents will be charged 5% GST.