



Coach

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Maintaining a healthy weight

Once your ideal weight goal has been achieved, it is now time for the most important element of your journey, that is maintaining your healthy weight. This is often not difficult, because at this point you have developed a healthy relationship with food and know how to navigate through all situations. As I emphasise you have lost weight in the same way you will maintain it. You eat the way you feel comfortable and it now suits your lifestyle.

Added: 05 Apr 2023



Healthy Fats for the Heart

Fat is an essential part of our diet which can be found naturally in the foods we eat without having to add it to our meals. There are many different types of fat, some healthier than others but ALL types are equal in calories.

Added: 05 Apr 2023



Gone off track?

You won't be excellent all the time. You will have days when you go off track. The trick is knowing how to get back on track quickly, without talking yourself out of it. You have a plan, it's a good one, just pick it and keep going.

Added: 05 Apr 2023

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