

Fit for Life!

Saturday 3 January 2009



Have you made health-related New Years Resolutions before now but watched them fade faster than the champagne bubbles?!

Do you really want to get slim, fit and energized (and stay there!) but find your healthy lifestyle hard to maintain?

Do certain foods send your healthy eating plan out of the window?

Do you struggle to get to the gym in the first place, often opting for the sofa instead?

Do you wish there was an easier way to meet your goals?!

If you are trying to lose weight and improve your fitness, but seem unable to stick with your good intentions over time, you may well feel ready to throw in the towel! Being stuck at a plateau, or losing weight only to gain it again (often with a few extra pounds for good measure), can be soul destroying. And even if you are making progress, but it feels like a real struggle, your chances of sticking with your healthy regime long term are limited.

Often diet and exercise programmes don't work long term because they fail to address the deep-rooted eating habits and beliefs in our Unconscious (sub-conscious) Minds. The action we take in the moment is then out of alignment with what we really want overall and long term. It can feel as though we are working against ourselves, like trying to drive with our feet on the accelerator and the brake at the same time!

So what are the differences between those who consistently and joyfully make all the right food choices, and relish the experience of exercising, and those of us who struggle? And how can we use this awareness to easily and enjoyably achieve the body shape, health and fitness we want for ourselves?

Join NLP Trainers and Master Hypnotherapists
Kate Trafford and Tiffany Kay
on **Saturday 3rd January 2009**

for a fun, informative and highly interactive full-day workshop to answer these crucial questions so you can get your head straight for success! Kate and Tif will draw on their knowledge of NLP (the study of success) and hypnosis, and their own personal experience, to share with you;

- Why traditional goal-setting often doesn't work – and what does.
- Why your attempts to change may have failed in the past – and why it's not your fault.
- How to break your unwanted habits and easily replace them with new life-enhancing choices.
- Why your relationship with food may have become stressful – and how to improve it.
- How to put the fun and satisfaction back into exercise – whatever your history or current level of fitness.

This seminar will be delivered by **Kate Trafford** and **Tiffany Kay** of *Go Beyond NLP Limited*.

Both Kate and Tif are Certified Trainers of NeuroLinguistic Programming (NLP), Master Hypnotherapists, and highly experienced Success Coaches.

They love to help individuals, teams and organisations take everything to the next level (and beyond!) by discovering who they really are inside, connecting to a powerful vision for their future, and then making this their new reality.

To learn more about Kate and Tif, and their other workshops and services, please visit www.go-beyond-nlp.co.uk or call on 0845 833 8831.



Specifically, you will discover;

- The power of personal vision in inspiring your success.
- How your mind really works, and how you can “re-programme your auto-pilot” for effortless success.
- The six fundamental needs that drive all human behaviour – how they support your current habits and how they can help you to transform.
- Simple techniques for managing your cravings for trigger foods (e.g. chocolate, crisps, etc) and even to eliminate your desire for these foods completely.
- How to consistently motivate and inspire yourself to make the healthiest choices – and how to access that motivation in an instant.
- The missing “nutrients” you may need to boost in your life.

You'll even have the chance to participate in a wonderfully relaxing Guided Visualisation, packed full of positive suggestions to inspire your future success! What's more, at the end of the workshop you are welcome to use all of the excellent facilities of our fabulous venue. So bring your training gear for a trip to the gym or your swim gear for a dip in the pool / sauna / Jacuzzi!

Programme Informaion:

- **Date** – 3rd January 2009
- **Venue** – David Lloyd Health Club, Cromwell Avenue South, Warrington, see www.davidlloyd.co.uk for further details.
- **Price** - £95 (inc VAT)
- **Special Offer:** 25% reduction for bookings of 3 or more places!

NB: Places for this seminar are strictly limited so please book early to avoid disappointment!

