

NUTRITION and WEIGHT MANAGEMENT

INTRODUCTION



Why do so many people struggle with applying the fundamentals of good nutrition and maintaining a healthy weight? Why is 'burn more energy than we consume' so difficult for millions of people when it is such a simple equation? Yes it's simple, **BUT IT'S NOT EASY** for MANY people. I would like to point out here that MANY people do get it right and are leading healthy lifestyles and are reaping the benefits. They have found their right balance either innately or by searching for their own route to healthy nutrition, weight management and lifestyle.

My concern is for people who for whatever reason/s, are not where they want to be in terms of their health, weight, motivation or direction.

We are all individuals with different genetics, body shapes, likes, dislikes, fears, aspirations, lifestyles, incomes, choices, spare time, support systems, motivations and goals. The list could go on and on. The point I want to make is that it's not surprising why so many people get the fundamentals wrong, either in a BIG way or just small ways, but on a regular basis!

So below I want outline some general fundamentals regarding, diet, nutrition and weight management. Some of these will probably be familiar and some may not? But let's not forget, **WE ARE ALL INDIVIDUALS**, and if **YOU** would like **INDIVIDUAL** guidance to help with your nutrition and weight management, then I would like to help!

