

## NUTRITION and WEIGHT MANAGEMENT

### WHAT NEXT?



So, are you more informed or more confused? Do you agree or disagree? Do you want individual guidance with any of the above? Give me a call on 07590 009893 or email me [steve@cuiellopersonalfitness.co.uk](mailto:steve@cuiellopersonalfitness.co.uk)

**A Personal Health Assessment?**

**Goal setting?**

**Motivation?**

**1 -1 Nutrition sessions ?**

**Personal Training Sessions?**

**Exercise classes?**

**Home Exercise workouts?**

