



## LEAN Living – Eat Healthier

‘Helping you to lead a healthier lifestyle’

# Barking & Dagenham

Day	Time	Facilitator	Venue	Session Information
Monday	11am	Amy	Park Centre Rectory Road, RM10 9SA	12 Week Programme <b>Starts 5 June 2023</b>
Monday	11.30am	Simon	Thames Community Hub Bastable Avenue IG11 0LH	12 Week Programme <b>Starts 5 June 2023</b>
Monday	6pm	Seun	Online – A link will be sent	12 Week Programme, you can join in on any session.
Tuesday	10.30am	Seun	Barking Learning Centre IG11 7NB	12 Week Programme <b>Starts 2 May 2023</b>
Wednesday	10am	Peter	Kingsley Hall Parsloes Avenue, RM9 5NB	12 Week Programme <b>Starts 17 May 2023</b>
Wednesday	1pm	Peter	Kingsley Hall Parsloes Avenue, RM9 5NB	12 Week Programme <b>Starts 17 May 2023</b>
Thursday	10am	Sandra	Valence Library Becontree Ave, RM8 3HT	12 Week Programme <b>Starts 11 May 2023</b>
Thursday	2pm	Seun	Barking Learning Centre IG11 7NB	12 Week Programme <b>Starts 20 April 2023</b>
Friday	10.30am	Simon	Dagenham Library RM10 9QS	12 Week Programme <b>Starts 14 April 2023</b>
Saturday	10am	Simon	Online – A link will be sent	12 Week Programme, you can join in on any session
Sunday	11am	Julian	Online – A link will be sent	8 Week Programme <b>Starts 19 March 2023</b>
Sunday	2.30pm	Julian	Online – A link will be sent	8 Week Programme <b>Starts 19 March 2023</b>

To register complete our Eat Healthier [Registration Form](#) by clicking the link or scanning the QR code.



### Session Topics:

Week	12 Week Programme - Topics	8 Week Programme – Topics
1	Key to Healthy Eating	Goal Setting and Motivation
2	Get your HR up	Sugars and Fats
3	Food is fuel	Food Groups and Exercise
4	What are your external triggers?	Eating Patterns and the importance of breakfast and water
5	Build your strength	Triggers and Rewards
6	Breakfast Benefits	Physical Activity
7	Fats under the spotlight	Dinning Out and Setbacks
8	Understand your internal triggers	Programme recap and Looking Ahead
9	Make every day active	
10	Make meals matter	
11	Sugars under the spotlight	
12	Eat out and party	

### Jenet's Journey!



*"I have been struggling for so many years to lose weight. I tried so many diets – keto diet. I even had a personal trainer but still I was putting back the weight. Only because I didn't learn how to eat properly and with this programme Seun has taught us the importance of eating well. She showed us about a balance meal, the importance of veggies, sugar and the impact sugar have on our bodies and our mood. And the importance of exercise. Doing the programme has helped me so much to learn and get a healthier lifestyle and I am happy about this."*

Jenet found that weighing herself on a weekly basis during the LEAN Living programme kept her on track. For Jenet seeing the numbers go down on the scales showed to her that all the changes she was making were having a real positive impact. Seeing the same people each week and being a part of a group made the journey more enjoyable. The group aspect helped to keep focused and keep the weight loss sustainable.

Altogether, Jenet lost an impressive amount of weight through adopting healthier eating habits. Jenet so far has lost almost 2 stone (10kg)