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**LEAN Living – Eat Healthier**

‘Helping you to lead a healthier lifestyle

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| **Day** | **Time** | **Facilitator**  | **Venue**  | **Session Information**  |
| **Monday** | 11am | Amy | **Park Centre****RM10 9SA** | 12 Week Programme**Starts 4 March 2024** |
| **Monday** | 1pm | Simon | **Thames Community Hub Bastable Avenue** **IG11 0LH** | 12 Week Programme **Starts 15 January 2024** |
| **Monday** | 6pm | Seun | **Online - Teams** | 12 Week Programme, you can join in on any session. |
| **Tuesday** | 10.30am | Seun | **Barking Learning Centre****IG11 7NB** | 12 Week Programme**Starts 27 February 2024** |
| **Wednesday** | 10am | Sandra | **Barking Learning Centre****IG11 7NB** | **WOMEN ONLY** **Starts 17 January 2024** |
| **Wednesday** | 10am | Peter | **Kingsley Hall****RM9 5NB** | 12 Week Programme**Starts 17 January 2024** |
| **Wednesday** | 1pm | Peter | **Kingsley Hall****RM9 5NB** | 12 Week Programme**Starts 17 January 2024** |
| **Thursday** | 10am | Simon | **Valence Library** **Becontree Ave, RM8 3HT** | 12 Week Programme**Starts 22 February 2024** |
| **Thursday** | 1pm | Seun | **Barking Learning Centre****IG11 7NB** | 12 Week Programme**Starts 7 March 2024** |
| **Friday** | 10.30am | Simon | **Dagenham Library****RM10 9QS** | 12 Week Programme**Starts 2 February 2024** |
| **Saturday**  | 10am | Simon | **Online - Teams** | 12 Week Programme, you can join in on any session |
| **Sunday** | 11am | Julian | **Online – Teams** | 8 Week Programme **Starting 14 January 2024** |
| **Sunday** | 2.30pm | Julian | **Online – Teams** | 8 Week Programme **Starting 14 January 2024** |

To book using the following link: <https://zjishiyuepalxtudzj.10to8.com>

**Session Topics:**

*“We enjoyed learning about nutrition, how we should organise the food on our plates and living a balanced life. We learnt more about what type of foods we should be eating and what foods we should eat less off. Also, we learnt about keeping fit and how to increase our strength. When we both started this course, we were both 120 KG. We have both lost around 4 KG each. We are both excited to keep on going”*

 **Elle and Faustina, LEAN Living Graduate**

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| **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 |  |

