



Wendy Osborne Healthy Living
Eat Well, Look Good, Feel Great



Weight Loss Consultant

Wendy is an experienced Weight Loss Consultant, previously working for a multi-national weight loss organisation for six years.

Wendy felt that with larger groups she wasn't able to dedicate enough time to provide the necessary help and support that so many people need when trying to lose weight and has now launched her own Weight Management Consultancy business running smaller groups and one to one sessions.

With a nutritional background in the Food Industry and a Diploma in Weight Management & Consultancy, Wendy will be offering more nutritional information to smaller groups, helping clients really understand what and how much they are eating and its effect on their body. Having lost weight herself after years of struggling, Wendy understands the psychology of eating and behavioural changes required to keep weight off long term and will be coaching clients individually through these to achieve their own personal weight loss goals.

Wendy says,

Our mental attitude is our biggest hurdle when we are trying to change poor eating habits and adopt a healthier lifestyle. How we think dictates how we feel so we need to gradually adapt to a whole new mindset and focus on what we can control, not on what we can't control and I can help you with this.

As your Weight and Nutrition Consultant I will focus on improving your wellbeing and encouraging you to consistently integrate simple steps and healthy eating habits into your life permanently. I love motivating clients and I will tailor my clean eating approach personally to your specific weight-loss needs.

I have a real passion for working with people and absolutely love celebrating clients' success along their weight loss journey and of course, I am always there to pick you up when things don't go to plan and will motivate, inspire & encourage you to reach your weight loss dreams.

By getting to know you better I can help you to discover where you are at present, what you want for your future and what steps you need to take to start closing the gap to guarantee getting there and staying there.'

Wendy offers the full package to long lasting weight loss success – personal service & motivation, sound nutritional advice, recipes, behavioral tips as well as exercise/activity advice which is another great contributor to a healthy lifestyle (Wendy is a qualified Exercise to Music Instructor). In addition, Wendy will keep you engaged and inspired between sessions through emails, texts and social media.

Wendy's groups are deliberately kept small so places must be booked in advance. Block bookings are strongly recommended as they guarantee you an ongoing place. Prices start from £3.96* per session. Wendy also offers 1-2-1 sessions on request too.

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Or follow on facebook: Wendy Osborne Healthy Living

**Terms and Conditions apply.*