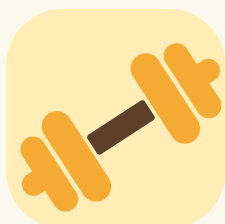


Imperial College London



Energia Weight
Management
Programme



Slim down, tone up, increase
fitness and improve your wellbeing

12 May - 11 July



Why choose the Energia Weight Management Programme?



Is this really going to work? Why is this different from other weight loss programmes out there?

The Energia Weight Management Programme uses a unique combination of nutrition advice and exercise helping you lose weight the healthy way and teaches you how to keep it off for good!

Run by the Active Lifestyles Team, this programme dispels myths and dogmas in the health, fitness and food industry. The approach is drawn from years of academic knowledge and research.

This 8 week programme is highly intensive but you will receive all round support from the Active Lifestyles Team from start to finish and believe us - you will be pleased with the end result!

What is the programme going to be like?



“ My experience attending exercises with the active lifestyle team last summer was amazing. I feel like a totally changed person having lost 9 pounds. Even today, I follow nutrition that was outlined for me, which has greatly impacted my life.

- Igor Vaintraub,
Staff Member, Lecturer, Bio Sciences





The 8 week programme tailored just for you...

Week 1 building your personalised programme:

You will receive a one to one assessment on your health and fitness, your current nutrition and diet. We will then help you set weight loss targets and give you a personalised programme.

Week 2 – 6 working on your plan and keeping you on track:

We will guide you through workout sessions, provide advice on diet and nutrition and organise group support sessions. You can access the Active Lifestyles advisors on a daily basis and use the gym, swimming pool and group classes at no extra cost. We will also review the progress of your exercise routines, nutrition and lifestyle changes.

Week 7 – 8 seeing the results and implementing your long-term plan

You will be looking and feeling much better now, and we will provide you with a final health and fitness assessment so you can see for yourself that it can really make a difference! Your journey doesn't just end here, we will give you advice to help you continue with your lifestyle changes.



“ You will have free access to the group classes, gym and swimming pool at Ethos. ”

Other useful information about the weight management programme...



Cost

Returning Imperial students and staff customers: £100
Imperial Student: £185
Imperial Staff: £199
External customers: £375

Active Lifestyles Blog

www.imperial.ac.uk/blog/activelifestyles

The blog is full of useful information including nutrition advice, useful tips and ideas for living an active and healthy lifestyle as well as delicious and healthy recipes - a great resource to keep you motivated and informed during and after the programme.

Fitness mobile apps

We do encourage you to use fitness apps available on the market. Throughout the 8 week programme, we will use the 'My Fitness Pal' and we will tailor design your app to fit your goals.



“

I have done the programme twice now, but I would love to do it again! For me, it's not just about losing weight, it's a great way to tone up my body for summer!

”

- Sharon Sheenan,
Staff Member

Interested?

Get in touch with the
Active Lifestyles Team:

activelifestyles@imperial.ac.uk

www.imperial.ac.uk/sports/activelifestyles