

Beautiful Bride Programme

Everyone wants to look and feel their very best on their wedding day and so it is not surprising that many brides embark on drastic diet and fitness regimes before their big day. There are plenty of programmes out there, but many rely on severe calorie restriction that will not only leave you looking gaunt, but will also increase the likelihood of you piling all the weight back on the minute you return to eating normally on your honeymoon. Many combine a very low-calorie diet with a gruelling and time-consuming exercise schedule, which increases your risk of nutrient deficiencies and, in turn, can weaken your immune system, deplete your energy levels and play havoc with your skin.



My “Beautiful Bride” Programme offers a completely different approach and whilst everyone who follows one of my guided programmes does lose weight, this programme focusses on helping you become, stronger, healthier and more toned, so by the time you walk down the aisle you will look and feel amazing.

I offer a bespoke service that puts your unique health and fitness needs first. I will take a 360° approach to reviewing your health and then devise a nutrition and fitness plan that will address your health goals. I recognise that life gets extremely busy, and often a little stressful, in the months running up to your big day, but my programmes are realistic – the workouts can be squeezed into even hectic schedules. And, I will also be showing you recipes and food-prep shortcuts so you can prepare healthy and delicious meals in minutes! Whilst programmes are individually tailored, a typical programme will work to improve body composition, skin health, mood, energy and digestive health. Ideally you should start your programme at least 3 months prior to your wedding but I can offer a more intense programmes for those with less time.

12-Week Support Package £495

- 🍏 1 x Face-to-Face initial Consultation including comprehensive health assessment and food diary analysis
- 🍏 21-day guided cleanse & nourish dietary programme - including, at-a-glance meal planner, all recipes and "shopping-list" guidance.
- 🍏 Follow-up personalised nutrition plan with delicious recipes chosen for you
- 🍏 Weekly email support
- 🍏 Supplement recommendations (if necessary)
- 🍏 2 x Face-to-Face follow-ups, including coaching & progress check (week 5 and week 10)
- 🍏 4 x 1:1 yoga sculpt sessions
- 🍏 12 x a weekly timetabled yoga class

What to expect:

- 🍏 You will be shown how to find a way of eating that suits both your body and your lifestyle and given help to embed healthy behaviours for life! The programme will show you exactly what to eat and drink during the run up to your big day.
- 🍏 You'll learn to eat intuitively so you start to automatically eat foods that support your health, nourish your skin and provide you with abundant energy.
- 🍏 You will start to recognise emotions or situations that trigger unhelpful behaviour and receive coaching and support to help you combat emotional eating.
- 🍏 You will receive imaginative menu ideas and guidance to help you find foods that both you and your body will love (and undoubtedly your fiancé as well)!
- 🍏 You'll be given advice on how to maintain your results throughout your honeymoon and beyond
- 🍏 You will tone-up in typical problem areas such as upper arms, stomach and thighs so you look more sculpted and feel more confident