

Program Recap



By: Tanuja Dabir, RHN



About me:

I'm a Registered Holistic Nutritionist with a mission to help you Eat Right. Feel Better and Look Good, by offering easy, practical and sustainable dietary suggestions.

I work with stressed, busy professionals and on-the-go professionals to bust cravings, increase energy, manage weight and fix digestive issues so as to transform their health from the inside out.

I help you eat nutritiously without spending hours in the kitchen or breaking the bank on expensive health foods.



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The information and opinions expressed here are believed to be accurate, based on the best judgment available to the authors, and readers who fail to consult with appropriate health authorities assume the risk of any injuries.

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PROGRAM RECAP / HIGHLIGHTS

It's been so amazing with you for the past 5 weeks!

Thank you for your commitment, hard work and enthusiasm!

Today let's highlight and recap the key takeaways from the program so you can continue to stay on track with your healthy eating and lifestyle goals.

1. Remember your 'why':

- No matter what, remembering and focusing on your reason or the big 'why' for getting healthier is what will help you stay on track and not give into temptations, laziness and short-cuts.
- If it helps, print your 'why' and post it in a place you can regularly see it- bathroom mirror, fridge door, car's dashboard, or office drawer.

2. Meal Planning:

- Plan, plan, plan and then execute!
- Meal planning is the most crucial part of ensuring you eat well, stay on budget and don't end up eating harmful foods.
- Take the time at least once a month to review your meal plans to ensure they are still meeting your lifestyle needs.

3. Energy Balance, Portion Control and Calories:

- Not all calories are equal.
- Counting calories is hard and tedious and impractical long term.
- Focus on controlling your portion sizes instead.
- While negative energy balance is important, do not starve yourself at any time.
- Dieting and starvation does not help!

4. Hydration and Mindful Eating:

- No diet can be successful without consumption of ample amount of water and proper hydration.
- Drinking water and other hydrating beverages and eating high water content foods enable to stay hydrated.
- There are no short cuts to being healthy. It can be easy and fun, as long as you are conscious about your choices and eat mindfully, being completely present during meal times.

5. Fundamentals of Clean Eating:

- In today' times, staying away from package and processed foods a 100% is going to be practically impossible. However, as long as you know the fundamentals of clean eating, and read labels you can make informed and educated choices about your diet.

6. Recap and What next:

- Your health is in your hands, but you don't have to do it all alone either! Remember, I'm a just phone call or email away. You can reach out to me anytime via:
 - Phone: 778.322.5670
 - Email: tanuja@saakori.com
 - Online booking calendar: <http://saakori.com/appointment-booking/>
- I'd be thrilled and honored to continue serving you.

WHAT NEXT?

I'm confident that this program has taught you enough simple, practical and sustainable steps to achieve long term and lasting health goals.

The Wellness Jump Starter is simply the beginning of your journey to better health and longevity.

Staying healthy and eating sensibly doesn't need to be hard.

However, sometimes you may fall off the tracks, after the program finishes and you lose the regular support and accountability you've had.

OR, you may now want to dive deeper into your other health symptoms and conditions.

Digging deep, uncovering the root cause of your symptoms and fixing them will be the key to a vibrant and fulfilling life.

So a customized one-on-one program might be the right next step for you.

I am right here to continue supporting you in your onward journey. It is my mission to Help You Eat Right, Feel Better and Look Good!

Let's book a time for a [Complimentary Discovery Session](#).

Look forward to talking to you and continuing to serve you!