



“ *Nutrifit exceeded my expectations. The program goes beyond dieting and instead provides you with an immense amount of knowledge around nutrition which changed my eating habits indefinitely. Catherine is supportive and genuinely cares for her clients and will work with you. Her knowledge in nutrition is exceptional!*

- A. GREENSLADE

6-WEEK OPTIMUM NUTRITION CLASS

with Nutritional Therapist, Catherine Burns

Join our award-winning nutrition education program and optimize your diet and lifestyle – for good! Set within a small group, you’ll have all the support you need to succeed long term. Lose weight (if you need to), improve your body composition and rethink factors that have been standing in your way of consistently great choices. Learn how nutrition really works so you can make informed decisions that impact how well you feel each and every day. Choose food that nourishes you!

Copays for the whole program: BF&M \$42, Argus \$170, Colonial \$210

PROGRAM INCLUDES

- One to One nutrition assessment with Catherine, tailoring the program to your needs and preferences
- Initial and then weekly appointments to capture body composition and lifestyle changes (mandatory)
- 1 hour introductory nutrition class
- 6 follow-up nutrition classes covering key fundamentals
- Label reading and grocery store tour (optional)
- Completely NEW, comprehensive meal plans for those that want detailed guidelines
- Flexible guidelines for those who want less structure
- Online meal-planning resource and recipe archive
- Online nutrition hub for all class notes, biometric tracking and interactive food/lifestyle journal

Catherine Burns is a fully-qualified Nutritional Therapist with 19 years clinical experience, trained by the Institute for Optimum Nutrition in London, UK. She writes a weekly column for The Royal Gazette, is President of the Bermuda Nutritional Therapy Association, heads up Waterfront Wellness and is AVP of Nutrition, Wellness and Community Health for The Waterfront Group.



Catherine Burns
Nutritional Therapist
BA Hons, Dip ION,
mBNTA

DATES - In person + Zoom!

13th April - 22nd May 2023

Daytime + Evening

STRUCTURE + DETAILS

Daytime Classes are in person at 12:30PM. Evening Classes are Zoom only at 6PM.

NUTRITION INTRO CLASS

Thursday, April 13th (1 hour) All the info you need to get going. Shop over the weekend and start on Monday!

ONE-TO-ONE CONSULTATION

(45 minutes) Individual assessment and feedback to tailor the program to your needs in person

FOLLOW-UP

Nutrition Classes weekly on Mondays for 1hr covering:

Apr 17: Blood Sugar Balance

Apr 24: Stress + Sleep

May 1: Digestion + Food Sensitivity

May 9*: Antioxidants + Liver Detox

May 15: Good Fat vs Bad Fat

May 22: Organic – Priorities & Tips

* on a Tuesday due to public holiday

Spaces are limited.

Pre-registration is essential at www.waterfrontwellness.bm



QUESTIONS? Happy to chat!

Catherine@waterfrontwellness.bm

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