

# GWII YEAR OF YES NUTRITION MONTH



# PROGRAM

## NUTRITION MONTH



### TEAMS VIDEO: PART 1

#### BYE BYE BELLY FAT.

Why you battle to lose weight and what you are going to do about it. An informative yet practical approach to changing the trajectory of your health journey

[TEAMS MEETING LINK 4 September 12h45](#)



### TEAMS VIDEO: PART 2

#### THE EMOJI GAME

An interactive session in which everyone can participate to test their nutrition knowledge and also lay the foundation of the next 2 weeks of transformation.

[TEAMS MEETING LINK 5 September 12h45](#)



### 2 WEEK MAILER

#### LETS DO THIS!

A two week email program. We will kick off with a "You will need" video so you have everything you need to revamp your lifestyle. Everyday, for two weeks, each participant will receive a meal plan of the day and one healthy habit they can apply.

[SUBSCRIBE to Meal Plan and Healthy Habits mailer](#)



### BIGGEST LOSER COMPEITION

UP TO R10 000 in prizes to be won

Send us your INBODY assessments from your local gym or dietitian.

Start day reports: 1 - 9 September

End day reports: 20 - 28 October

Email Inbody reports to [rainbowardh1@gmail.com](mailto:rainbowardh1@gmail.com)



---

# HEALTH CHAT

ELZIREE LE /ROUX  
(RD.SA./ UFS)



Graduated the University of  
the Free State in 2010



Served in military health  
as Lt Engelbrecht



Work for Nestle Health  
Sciences and Bidvest  
food service



Found her passion  
for nutrition after  
becoming a mom  
and seeing the  
value first hand

 074 345 6409



---

# HEALTH CHAT

LIZELLE NIEUWOUDT  
(RD.SA./ UFS)



2021 from Stellenbosch  
University



Community service year  
in Kakamas - love small  
towns ever since



Supported clients  
on an online weight  
loss platform for  
one year



A lifestyle dietitian at  
Postma and Partners

 072 989 9250

