Leanin6 - Introduction Meeting

**Aim of the meeting**

The aim is to explain the general programme content & structure and get everyone excited about taking part. Take this opportunity to introduce people to each other as buddies and peer support matter in weight loss. Start getting appointments booked and apps downloaded.

**Where to have?**

Can be in the reception area of the studio or if you have a friendly local café with space that would allow you in for half an hour that would work.

**Prepare**

Read through the suggested content below and make some short headers to remind you to go through each one. You may want to have access to the studio booking system or a handy pen and paper to get people booked in for measurements.

It is very important to kick it off in the right way with positive reinforcement and prepare the participants to make the most of the next 6 weeks.

**Content**

*Welcome everybody; you have made a great decision to come onto this programme as I am fully confident that working together we will achieve real change! Let’s have a quick intro around the groups so we know names.*

*The programme is 6 weeks long with measurements at start and end and it will be tough as we are trying to make a permanent change in how you eat and exercise. You can enter weekly weigh-ins using the app and send the results to me.*

*Try very hard to keep up the workouts and booking in advance helps psychologically with this part of changing. We need the EPOC/the after burn from the YZ45 workout to make this whole thing work*

*The eating programme has been compiled by our expert nutritionist Kyla Newcombe. It has 3 phases to it and the first one is tough as we are going to drain the carb reserves and get your body on to burning fat reserves. Then second phase we try and adjust the hunger hormone profile and finally that last phase is aimed at boosting your metabolism.*

*I will support you and I want you all to support each other as this is one of the toughest things to do, try and change your mindset or attitude towards food and exercise.*

*The app will take record of your measurements, before and after photos and your goal. It has a summary of the eating plans but the full information will be emailed to you at the start of each phase. I strongly advise that you take time on your commute or whenever you have 10 minutes to read these articles as they will change the way you think about food.*

*Please try your hardest to take on the advice of each phase and put it into practice.*

*Your Myzone belt and app is also very helpful through the programme so get that downloaded so I can keep in touch with how you are doing in the workouts.*

*I just want to say good luck but more than that put all your effort and determination into this and let’s achieve your goal!*

*Let’s get the app downloaded onto phones and set up appointments and get started on measurements.*