

# ***WEIGHT LOSS***

## ***AT G&T'S***



### **SOME OF YOUR OPTIONS:**

- Personal Training with Cat - see the PT pages from £40 p.h
- Join the Gym and Cat will advise you all the way to successful Weight Loss (IF you follow the rules!)
- Or (very powerful) is to join the Weight & See e-course:

### ***Weight & See – more..***

Cat has been a Personal Trainer since 2002 and a Fitness instructor for 12 years. As she grew her client base at her Gym in Hay, it became apparent that she would be mainly dealing with women and most of them were looking for advice on Weight Loss. To this end Cat has studied this subject extensively and attended lots of courses on this to try and nail just what the best methods are, and how best to motivate the women she deals with. Over the years her own Weight Loss and de-tox course has evolved, with the best information gleaned from all the research and her own observations and experience 'in the trade'!



“Weight and See” started as a drop in Aerobics Class in September 2004 for the ‘morning mothers’ followed by (good!) coffee and a chat on health and fitness based on articles Cat brought into the class. Clients loved this, and it began to take on a more structured form with a distinct ‘loop’ of subjects up for discussion with printouts given to the class relating to the issue in hand.

As it evolved themes became more researched and involved and we gained invaluable feedback from the class, which in turn added richly to the content itself.

Cat also started to give ‘tasters’ of all the different exercise disciplines she has taught, but at easy entry level. The warm up is always roughly the same but then diversifies into Aerobics, (Freestyle) Pilates, Weights work, Stretching, Boxercise etc. The idea is that in amongst these different disciplines, her clients will find SOMETHING to appeal long term and adhere to.

Originally endorsed by the Director of Fitness Wales, It is now a 10-week e-course, with optional support at the gym, and a fully interactive site to ask questions and help each other out:

[www.weightandsee.ning.com](http://www.weightandsee.ning.com)

There are tough weeks (no clues here!), but even if we struggle, we keep a log of why we struggle. Those who succeed pass on their tips to each other and we’ll in turn use them on the course.

You’ll learn so much from each other and from us **even if you’re not technically overweight.**

No vested interests, none of our products are on supermarket shelves, nothing to count, no green lights or red days, no supplements. It’s what you’ve needed all along.

The Healthy Lifestyle Course

## TESTIMONIAL FROM MARY

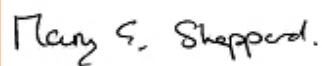
### Cathy Lawford – Weight and See

As they say, the proof of the pudding is in the tasting. Cathy has a product that works. She has managed to produce a healthy eating programme with increased exercise in a very supportive way. All the research suggests that the combination of both is a formula that has far more benefits than just dieting or exercise alone.

The beauty of the product that Cathy has produced is its human touch. She gives lots of tips that have worked for her with stories which show that she has struggled and is human too! This is what makes it stand out from the “do as you’re told” approach of many diets.

Another of Cathy's strengths is getting clients to look at their own lifestyles and see what changes will suit them – rather than giving a set formula to follow. Again, getting clients to make suggestions of what will work for them and sharing ideas is excellent. Cathy has designed her group programme to maximise the help and support they can give each other.

I would strongly commend Cathy's Weight and See Programme.



**Mary Sheppard**

**Director**

**Fitness Wales**

***WEIGHT AND SEE GENUINE TESTIMONIALS – and also see***

***the NING site for many more!***

More body aware? – Horribly! JS Hay



Cupboards and fridge contents changed? – Yes much healthier options EG

Portfolio up to date? – Yes. Great idea to make you actually do something during the week. SS Boughrood

More fluids? – Am now drinking more water. JS Hay  
More body aware? – Much more. SD

Love about W&S? – Gives me the confidence to take control over my body. LM

More body aware? – Yes, gives me more determination to change what I can. SG Hay

Nutrition component – what do you enjoy? – An education! KF Hay

Biggest changes? – Very aware of fats and what I'm eating, I have started swimming and cycling. SD

Improvements to W&S? – For me personally I find everything pretty balanced for what I require from the class. SD

What you love about W&S? - Visible and invisible life enhancement. AC Ilanigon

Biggest change? – Eating more fruit, cutting out spreads/fatty foods EG Hay

Love about W&S? – A balance of exercise and nutrition, excellent. KF Hay

Your improvements? – Going to bed earlier, and less alcohol. PG Hay

Biggest change – activity? – More exercise, walking and the gym. EG Hay

What you enjoy about W&S? - Incorporating exercise and nutrition is excellent as it covers all aspects – weight loss, better well-being, healthy eating, feeling fit and healthy physically and mentally DP Hay

Exercise component? – Love this - brilliant. LM Hay

Exercise component? – Like being pushed, good to exercise in morning. KF Hay

Cupboards and fridge contents changed? – For me and the children (yes), difficult to get my husband to change. SS

What do enjoy about W&S? – I enjoy learning about my body, inside and out, and meeting new people, sharing their experiences. The exercise is great fun and I actually feel more energetic afterwards. SD

Biggest changes? – Reducing coffee, fatty foods, alcohol PG Hay

Biggest change in activity? – Walking dog further and faster, returned to Morris dancing. JS Hay

Keeping portfolio up to date? – Yes, find the sheets really informative.

SG Hay

Cupboards and fridge contents changed? – Yes much healthier options EG Hay

Enjoy about W&S? – exercise – first time I have done aerobics! Nutritional info is fascinating. SS

Portfolio up to date? – Yes very interesting. SD Boughrood

Put in one sentence what you love about W&S? – Everything. PW Hay

***(these were from the very first W&S which was portfolio based), and were in response to a Questionnaire.***

***The NING site has***

***lengthier testimonials!***

***GYM & TONIC***

***DEMAND  
MORE!!***