

A new lifestyle

The program does not only let you eat, move and relax differently for a while. If nothing changes in your way of thinking and the way you lead your life, the chance of continuing your old way of life afterwards is enormous. Before you know it you are back where you started. The Eat-Move-Relax program leads you to a lifestyle change, a long-term solution. We help you understand how your body works and enable you to reach and keep your goal weight, and to be balanced.



Lose *pounds...*

not your perspective!

Ask for more information about the BenFit lifestyle program from your gym or trainer



BENFIT
your foodcoach



EAT

MOVE

RELAX



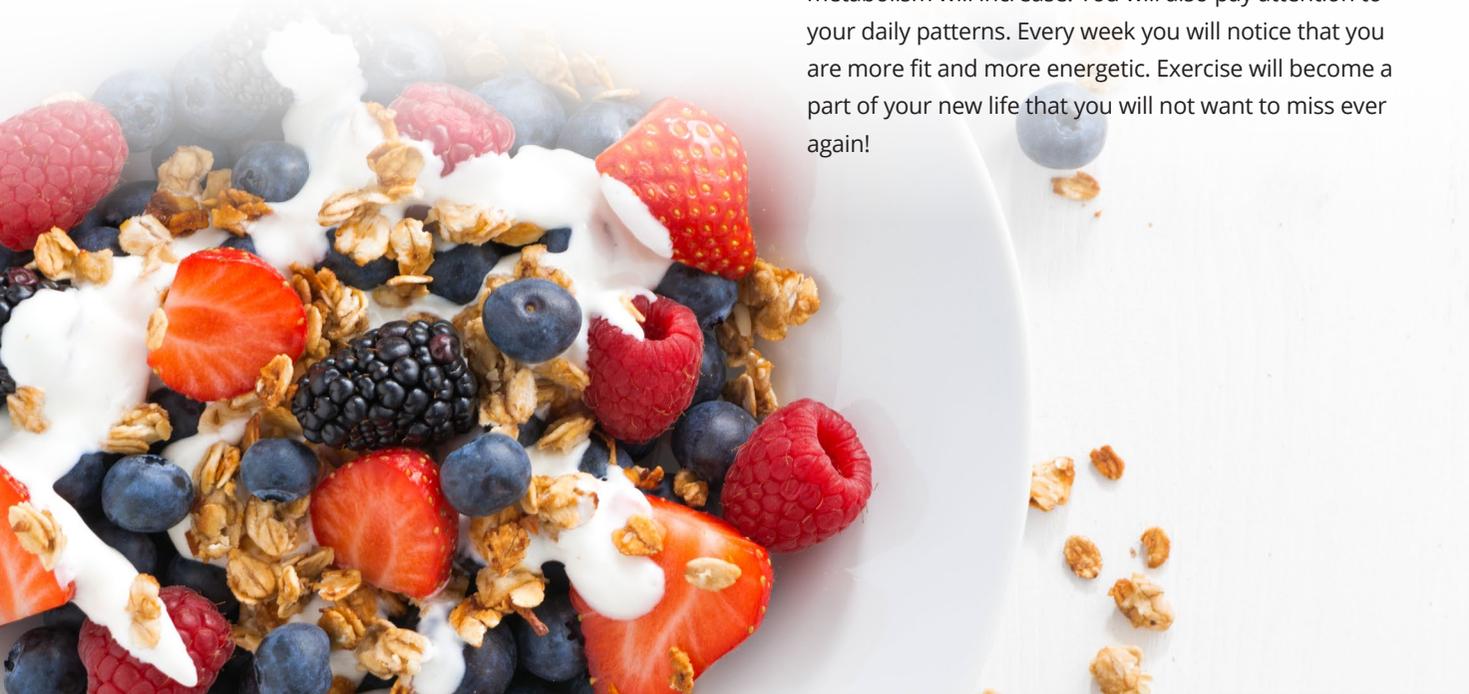
BENFIT
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Eat

BenFit is a lifestyle program. It is made for people who do not feel fit, are overweight or are imbalanced. During the program you pay attention to yourself, your body, how you feel and your health. You are going to work on a lasting solution.

With the Eat-Move-Relax 12-week program you and your coach are going to work on your lifestyle. You have a weekly conversation and you get meal plans that are specifically tailored to you. The BenFit nutrition program is healthy and varied, contains tasty and easy recipes, takes seasons into account and the entire family can join in.

What might surprise you the most are the amounts you can eat! You will notice that you definitely do not need to be hungry to reach and keep your goal weight!



Move

Exercise belongs in a healthy lifestyle. When you are following the BenFit program you will exercise 2 to 3 times a week. Your fitness will improve and your metabolism will increase. You will also pay attention to your daily patterns. Every week you will notice that you are more fit and more energetic. Exercise will become a part of your new life that you will not want to miss ever again!

Relax!

The goal of BenFit is that you find a balance where you take care for your body and health, and also intensely enjoy life. Relaxation and fewer stimuli give the best results because that gives stress fewer opportunities to disrupt our bodies. Planning for relaxing moments is a part of that. You will consciously make time for things you enjoy. Inner peace will help you stay balanced in the hustle and bustle of everyday life.

