

Fat loss for Menopause 16 week Program



**A game-changing program
tailored to conquer
menopause symptoms and
shed stubborn fat.**



Strong is Sexy

· Strength & Wellness ·

Coaching by Lorenza

Embark on a life-changing wellness journey with Lorenza Elphick—specialist in Nutrition, Strength Training, and Menopause Support. This all-encompassing program is designed to support your midlife transition through anti-inflammatory nutrition, hormone balance, and empowering education. Strengthen your body, nurture your mind, and create sustainable habits that fuel long-term vitality. Break free from the cycle of yo-yo dieting and step confidently into a healthier, more energised you.

What to Expect in This 16-Week Program:

- A review of your current eating habits**
- Guidance in building sustainable new habits**
- A flexible approach to calorie counting**
- Introduction to anti-inflammatory foods**
- Assessment of your sleep patterns**
- Stress management strategies**
- Strength training programs for those opting to include the training element**
- Monthly check-ins for accountability**
- Access to a closed Facebook group for community and support**

The Benefits:

- ✓ Lose inches around your waist**
- ✓ Improve sleep quality**
- ✓ Decrease hot flashes**
- ✓ Build muscle mass**
- ✓ Banish brain fog**
- ✓ Enhance overall well-being**

**Now is the time to invest in
yourself—your physical
and mental well-being.
Let's make menopause a
powerful and
transformative chapter
of life.**

**This is an investment you
won't regret!**



Strong is Sexy

· Strength & Wellness ·

Coaching by Lorenza