

AGENDA

Escape The Diet Trap

Lose Weight Effectively Without Calorie Counting, Extensive Exercise or Hunger

Saturday 12th November 2011

09:30 a.m. – 16:00 p.m.

Speakers: Dr John Briffa
Bryn Kennard

9:30 a.m. – 10:00 a.m. **Low Carb Breakfast & Coffee**
Welcome *Dr Briffa & Bryn Kennard*

10:00 a.m. – 12:30 p.m. **Nutrition in a Nutshell**
Dr Briffa

12:30pm – 13:30pm **Lunch**
Served by the Hotel Juliani

13:30 p.m. – 14:00 p.m. **Nutrition in a Nutshell**
Dr Briffa

14:00 p.m. – 15:00 p.m. **Exercise & Weight Loss**
Bryn Kennard

15:00 p.m. – 15:30 p.m. **Working for Sustainability**
Bryn Kennard

15:30 p.m. – 16:00 **Question Time**
Dr Briffa & Bryn Kennard

Topics Include

- Why Eating a low fat, reduced calorie diet makes sustainable weight loss virtually impossible
- Why the less hungry you are the more weight you can lose
- How different types of calories have different types of fattening potential
- Why weight loss is not about calories but about the direct impact diet has on hormones.
- Why exercise has been wildly overstated as an effective tool for weight loss
- Cutting edge Strategies for losing weight loss