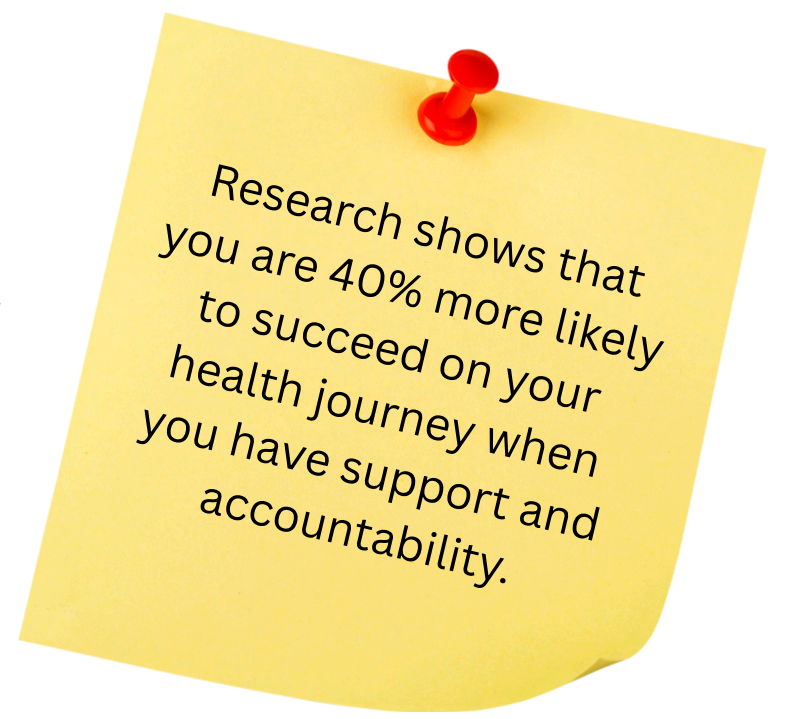




Weight Loss In Action FAQ sheet

Making weight loss achievable and enjoyable - together



Below is a list of questions people often ask before starting this group.

Where are the meetings held?

I hold the meetings at my house, 37 Norwood Street, Normanby. This provides me opportunities to access resources and demonstrate brain health nutrition in action.

Days: Mondays, 5.15 - 6.15pm.

What are the benefits of joining this group?

- Gain the confidence to get back on track.
- Feel empowered by hearing how others are putting strategies into action.
- Learn neuroscience based Brain Health strategies to build motivation, improve your health, stay on track and achieve your goals.

What is the cost? Below are the 2026 prices.

Casual sessions: \$15 per time

5 session concession card: \$50

11 session concession card: \$100

20 session concession card: \$160

The first session is free, giving you an opportunity to check the meeting out and see if it is the right fit for you.

Can I stop coming at any time?

Yes absolutely. You can stop coming to meetings any time you choose. You are completely in charge of this.

Will you be giving us a particular diet to follow?

No, it's important to take the nutrition path that is right for you. At your first meeting I will give you a handout that gives an overview of brain health nutrition guidelines.

You will also have the option of purchasing a 'getting started 3 session coaching package providing you the opportunity to define your goals, clarify your motivation and take some time to look at brain health strategies that will set you up for success.

My real problem is emotional eating. Will the support sessions help me with this?

Totally. Many people have challenges with this, including me. We will practice emotional regulation strategies to help you build a toolbox for challenging triggers and situations.

Is the person running this group qualified to do so?

Yes, you are in good hands here. As well as having a nutrition degree, I have Brain Health training, emotional regulation skills and extensive experience in groups. And I'm walking beside you in my own weight loss journey.

What is the structure of the support groups.

- If you like, you can do a weigh in each week.
- The group will start each week with a mindfulness or emotional regulation technique.
- We will then do a round of intros, and discuss a strategy you have implemented over the week.
- There will be a space for discussing any specific challenges and strategies that others have found useful.
- Then, if time, there will be some brain health education.
- We will end each session discussing the tiny habit that each person is going to implement over the week, in order to build neural pathways to success.