YOUR SOLUTION

PROGRAM SCHEDULE

Over 8 weeks, you'll move from confusion and frustration to clarity, confidence and energy. Each week builds on the last — here's your roadmap.

WEEK 1 - OPENING & FUNDATIONS / 10 - 16 OCT

10 Oct
Friday
(evening)

Workshop 1 - dive deep into your reason why and build strong foundation for the whole process (2hr)

Mentoring & Support Group Chat opening.

13-17 Oct
Mon-Fri
(booked individually during clinic working hours)

1:1 session with Physiotherapist - full assessment to establish your goals and create individualised program (1hr)

1:1 Body Composition Analysis with the Dietitian (15 min)

WEEK 2 - MEAL PLANNING & BODY AWARNESS / 17 - 23 OCT

17 Oct
Friday
(evening)

Workshop 2 - understand your body's unique needs and learn meal planning that fits your real life. (2hr).

ONGOING

Movement sessions.
Mentoring & Support Group Chat

WEEK 3 - START FEELING THE CHANGE — INTEGRATE & PRACTISE / 24 - 30 OCT

ONGOING

Movement sessions.
Mentoring & Support Group Chat

Maggy Gmyrek
non-diet Dietitian

CampHill
PHYSIOTHERAPY & EXERCISE CENTRE

YOUR SOLUTION

PROGRAM SCHEDULE

WEEK 4 - MID-POINT REVIEW: CHECK YOUR PROGRESS & ADJUST YOUR PLAN. / 31 OCT - 6 NOV

31 Oct
Friday
(evening)

Workshop 3 - connect with your body on a deeper level and understand your cravings

3-7 Nov
Mon-Fri
(booked individually during clinic working hours)

1:1 consultation with the Dietitian (1hr)

1:1 Body Composition Analysis with the Dietitian (15 min)

ONGOING

Movement sessions.
Mentoring & Support Group Chat

WEEK 5 - INTEGRATION & SUPPORT / 7 - 13 NOV

ONGOING

Movement sessions.
Mentoring & Support Group Chat

WEEK 6 - MOVEMENT MASTERY / 14 - 20 NOV

14 Nov
Friday
(evening)

Workshop 4 - Make movement your ally, not a punishment. (2hr).

ONGOING

Movement sessions.
Mentoring & Support Group Chat

Maggy Gmyrek
non-diet Dietitian

CampHill
PHYSIOTHERAPY & EXERCISE CENTRE

YOUR SOLUTION

PROGRAM SCHEDULE

WEEK 7 - FINAL CONSULTATIONS / 21 - 27 NOV

24-28 Nov
Mon-Fri
(booked individually during clinic working hours)

1:1 consultation with the Dietitian (1hr); See your results & refine your plan.
1:1 final Body Composition Analysis with the Dietitian (15 min)

ONGOING

Movement sessions.
Mentoring & Support Group Chat

WEEK 8 - CELEBRATION / 28 NOV - 4 DEC

28 Nov
Friday
(evening)

Workshop 5: BAL - Embody your new self & celebrate your wins.!

ONGOING
(till 4 Nov)

Movement sessions.
Mentoring & Support Group Chat

This is your time. This schedule is your step-by-step path to reconnect with your body and reclaim your energy — with support every step of the way.

Maggy Gmyrek
non-diet Dietitian

CampHill
PHYSIOTHERAPY & EXERCISE CENTRE