



## ABOUT ALVA

Alva is a qualified nutritionist and fitness coach and is also trained in cognitive behavioural therapy (CBT). She strongly believes an individual's body composition, energy and performance can be dramatically improved with nutrition and exercise, regardless of age and fitness levels. She is also a busy mother of two young children and understands fully the challenges of making healthy food choices and prioritising health, while juggling a busy schedule.

Alva is known for her very practical, collaborative and structured approach in educating and empowering clients to make lifelong behavioural changes for improved nutrition, fitness and weight management.

**For more information**  
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# LEARN HOW TO LOSE WEIGHT & **KEEP IT OFF**

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My 10-week weight loss programme will equip you with the nutritional and psychological tools to develop a controlled, long term healthy relationship with food and win the battle against emotional eating and cravings.

"I started working with Alva in November (a very active (but overweight) man in his late 50's), and 3 months later (with knee replacement surgery inbetween and little physical activity for 7 weeks!), I am now 9kg lighter, have never felt hungry and am really enjoying how I am eating.

Over the years I have tried many weight loss programmes including Weight Watchers, 5:2, Poliquin and Slimming World, all with very limited or no success. Alva's unique highly supportive approach has helped me understand how to optimise health and fat burning. It keeps me focused on what and how much I am putting on my plate and gives me great confidence that my meal choices are healthy and that I can now manage my weight long term."

**Austin McDermott, Dublin**

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## What's Involved in my weight Loss programme?

- 4.5 hours one-to-one consultations\*
- Tailored nutrition plan
- A copy of my Nutrition Guide - Meal plans, shopping list & over 30 healthy recipes
- Full body composition analysis
- Personalised exercise plan
- Weekly photo food diary analysis
- Weekly email check in

\*Online option available for some consultations

Cost: €660

**ALVA O'SULLIVAN**  
NUTRITION & FITNESS