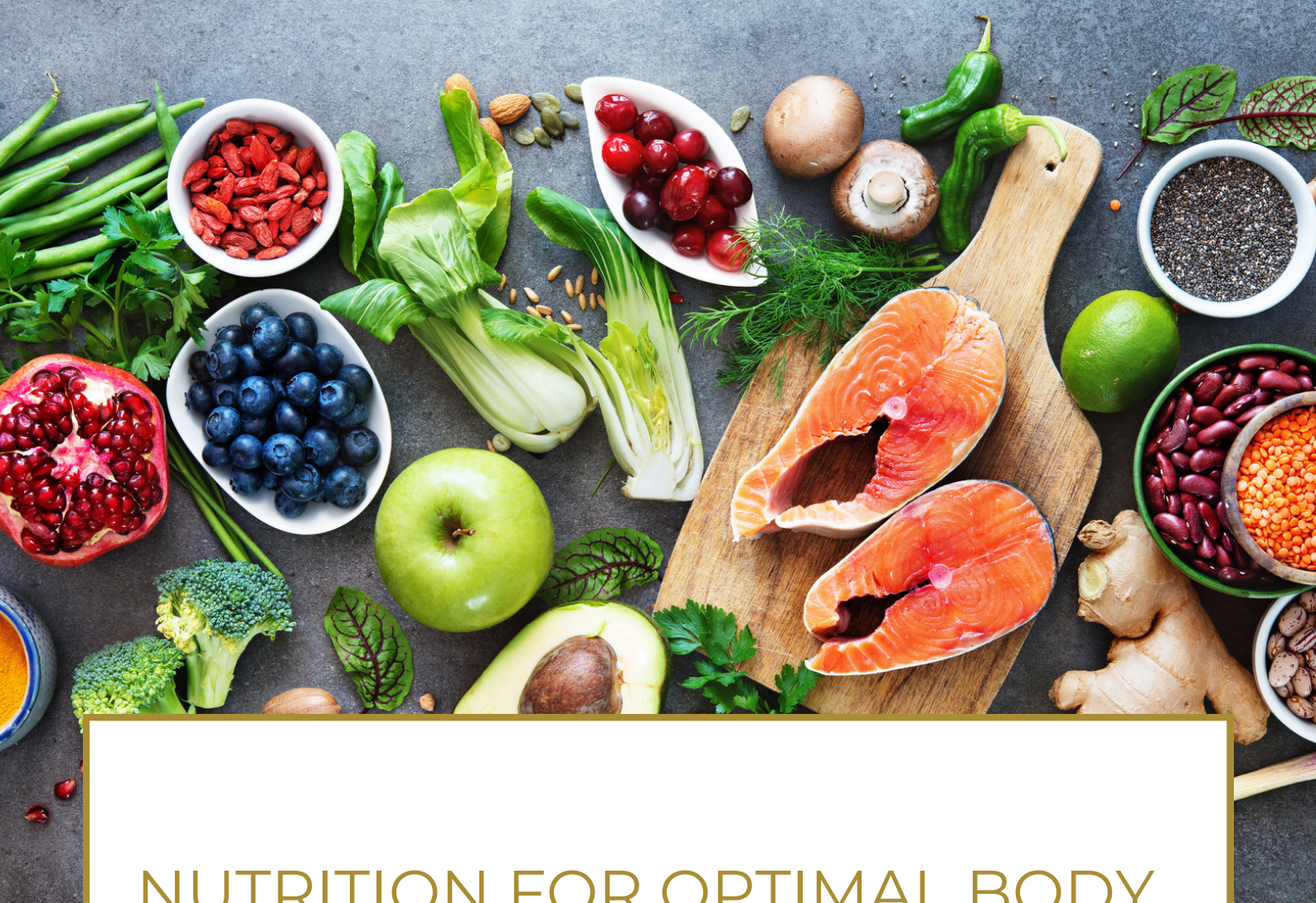


GOLDSTER★

NUTRITION FOR OPTIMAL  
BODY COMPOSITION





# NUTRITION FOR OPTIMAL BODY COMPOSITION

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# NUTRITION FOR OPTIMAL BODY COMPOSITION

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## ITS BEGINS WITH THE BASICS

Nutrition is about eating a healthy and balanced diet so your body gets the nutrients it needs. Nutrients are substances in foods that our bodies need so they can function and grow. They include carbohydrates, fats, proteins, vitamins, minerals, and water. Good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. It may also help prevent some diseases, such as osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers.



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## IT'S IMPORTANT AS WE AGE

Eating healthy becomes especially important as you age. That's because ageing is linked to a variety of changes, including nutrient deficiencies, decreased quality of life and poor health outcomes. Luckily, there are things you can do to help prevent deficiencies and other age-related changes. For example, eating nutrient-rich foods and taking the appropriate supplements can help keep you healthy as you age. Understanding how one's nutrition can impact their life is vital to living the most productive and fulfilling life possible.

*"Nothing happens until something moves" -Einstein*

# OUR METHOD

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## WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



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## A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

*"The path is made by walking on it"*

# THE COURSE

What are we composed of?

Join Claudia for this 6 week course as we delve into body composition. We'll be answering questions like: what is optimal body composition? How can we influence our body composition using food and nutrients?

Whether you are looking to lose or gain weight, or simply gain some lean muscle, making small adjustments to our composition can bring about big changes to how we feel.

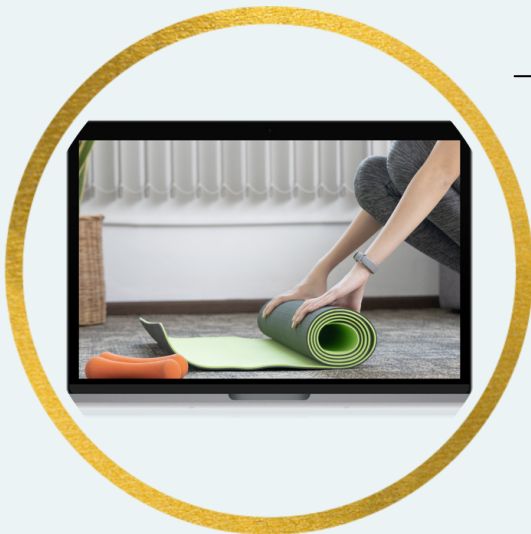
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## A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



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## EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.

*"When we do it together, we feel better together"*

# THE COURSE

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## GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the goldster platform



- Engage and stimulate the physical, emotional and cognitive aspect of your health with classes suggested by the coach
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



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## LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

*"Learning is a journey of self discovery"*

### Week 1 - Are you feeling composed?

What is body composition? How much control do we have over it? What are we composed of and how can it be measured?

### Week 2 - Hormones and body composition

How influential are hormones on body composition? Which are the major players and can nutrition play a role in helping to manage them? Join us as we take a deeper look into insulin, cortisol, thyroid and sex hormones.

### Week 3 - Weight management

Whether you are looking to lose or gain weight, Claudia will share her top weight management strategies.

### Week 4 - Metabolic syndrome and body composition

What is metabolic syndrome and how can we leverage body composition to improve our health outcomes?

### Week 5 - How to eat to improve body composition

Key food groups, foods, and nutrients to support optimal body composition.

### Week 6 - Bringing it all together

A summary session to wrap up the course and summarise our learnings. There may be a quiz with prizes!

# YOUR JOURNEY

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## WEEKLY COURSE

### FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

## THE DAY OF THE CLASS

### CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

## THE CLASS IS ABOUT TO START

### WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

## WELCOME TO THE CLASS

### GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

## LOOK FORWARD TO YOUR NEXT CLASSES

### TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.



# YOUR COACH



## Claudia le Feuvre

Nutritional Therapist and eating psychologist

**Expertise: Nutrition, eating psychology and coaching**

Claudia le Feuvre is a Nutritional Therapist & Eating Psychology Coach. She has 14 years clinical experience helping clients with a wide range of health concerns and works at a private medical clinic. She teaches Eating Psychology to 4th year students at The British College of Nutrition & Health and The Nutritional Healing Foundation. An experienced public speaker, Claudia is passionate about making nutrition fun and inspiring. She has supported hundreds of people on their weight loss journeys and transformed their relationship with food. She lives in Gibraltar with her husband and two children. “Start your new beginning now.”

# YOUR NOTES

WEEK 1

# YOUR NOTES

WEEK 2

# YOUR NOTES

WEEK 3

# YOUR NOTES

WEEK 4

# YOUR NOTES

WEEK 5

# YOUR NOTES

WEEK 6

