



# Harley Street at Home

MENOPAUSE

## Back to Basics Resources

Our Harley St at Home Back to Basics Menopause Lifestyle and Weight Management programme teaches the core, proven principles to menopause weight loss, and how to thrive through menopause transition and beyond. No fads. No gimmicks. Developed by our Harley St at Home founder, award winning Registered Dietitian Nigel Denby, the programme has helped thousands of women take back control of weight gain - not just for menopause, but for the rest of their life.

Over 12 weeks, the programme covers reasons for weight gain through perimenopause; how to build an effective weight management plan; how different types of exercise can support a woman's weight management journey; the role of emotional wellbeing and special occasions without guilt. We also cover how to meet nutritional needs for overall good health, overcome obstacles and maintain progress beyond a 12 week programme.

### Meet Our Back to Basics Team

#### Registered Dietitian Nigel Denby

Nigel has over 20 years experience helping women to eat better, feel better and change their lives through practical and realistic advice. His unique ability to translate the science of nutrition and health into practical real-life solutions has been life changing for hundreds of menopausal women. Forget gimmicks, diet fads and quick fixes - Nigel focuses on good, evidence-based nutrition to help you thrive through perimenopause, menopause and beyond.

