Abi Cole
AESTHETICS

NUTRITION & LIFESTYLE GUIDE



HEALTHY HABITS. LASTING RESULTS.

This guide will help you make healthier choices, build sustainable habits and get the best results from your Programme.

LOOK GOOD | FEEL GOOD | BE YOUR BEST

1 EAT FOR YOUR GOALS

NOURISH YOUR BODY. FUEL YOUR PROGRESS.



- Choose lean protein (chicken, fish, eggs, lean meats, beans, lentils)
- Include plenty of vegetables (aim for at least half your plate)
- Opt for complex carbs (brown rice, sweet potatoes, whole grains)
- Enjoy healthy fats (avocado, nuts, seeds, olive oil)
- Stay hydrated (aim for 2-3 litres of water daily)
- Limit processed food, sugary drinks and excessive alcohol)

2 PRACTICAL TIPS

SIMPLE CHANGES. BIGGER RESULTS.

- Plan your meals - Prep ahead to stay on track
- Shop smart - Keep nutritious foods at home
- Mind your portions - Use smaller plates or measure servings.
- Choose whole foods - The closer to nature, the better
- Be consistent - Progress comes from what you do most of the time
- Track your intake - It helps you stay accountable

3 STAY ACTIVE

MOVE MORE. FEEL BETTER.



- Aim for a mix of cardio and strength training (3-5 times per week)
- Find activities you enjoy (walking, gym, dance, cycling, home workouts)
- Increase daily movement (take the stairs, walk more, reduce sitting time)
- Set realistic goals and track your progress

4 LIFESTYLE HABITS

A HEALTHIER MIND. A STRONGER YOU.

- Prioritise sleep - Aim for 7-9 hours per night
- Manage stress - Try meditation, deep breathing or activities you enjoy
- Build a support system - surround yourself with positive, like minded people
- Be mindful with alcohol - Enjoy in moderation
- Stay motivated - Focus on how you want to feel, not just how you want to look

5 REALISTIC EXPECTATIONS

PROGRESS TAKES TIME.

- ✓ Weight loss and body changes are gradual and unique to everyone.
- ✓ Focus on non scale wins (more energy, better sleep, improved mood, fitter clothes).
- ✓ Be patient and consistent - lasting results come from sustainable habits.
- ✓ Celebrate your progress, no matter how small.

Small Changes Big Results

REMEMBER

- ✓ This is a journey, not a quick fix.
- ✓ Be kind to yourself.
- ✓ Consistency is key.
- ✓ You are capable of amazing things.
- ✓ We're here to support you every step of the way.

HEALTHIER HABITS | **MORE ENERGY** | **A STRONGER YOU** | **LASTING RESULTS** | **A BRIGHTER TOMORROW**

Invest in yourself. You've got this!

WE'RE HERE TO HELP

If you have any questions or concerns about your aftercare, please contact us.

0906 813 7590
info@abicoleaesthetics.com

This guide is intended as general client information and does not replace personalised advide from your qualified practitioner.