



GOODWOOD

Clinical Nutritionist Stephanie Moore to host Six-Week Health & Well-being Course at The Kennels

On the 3rd October, Clinical Nutritionist Stephanie Moore will be hosting a talk at The Kennels, Goodwood's private clubhouse, based on her latest book *'Why eating less and exercising more makes you fat'*.

During the evening, Stephanie will explain why eating less food and exercising more is not always the most effective way to lose weight and stay healthy. One of her clients includes Dame Emma Thompson, who says "This book freed me. There is no other way to put it. It's very clear, it's painstakingly researched and based on many years of dealing with real people and their food issues. It's the most helpful book I have ever read on food, its effects and how to balance its place in our lives."

The talk is followed by the option to join a six-week course, commencing 10th October, covering all aspects of health and well-being. Using a broad range of nutritional and psychological expertise and the latest scientific findings, Stephanie will cover a different area each week, to include Managing Stress, Understanding Fats, Digestive Health, Super-Foods & Anti-Oxidants, A Healthy Brain and The Importance of Sleep. The course will provide an insightful and practical guide into what can be done to reduce body fat, increase muscle mass and how to say goodbye to dieting forever.

Stephanie's approach questions many of our accepted beliefs on how to be healthy. Over the years' everyone from health care professionals to fitness experts have advised people who want to lose weight that they should eat less and exercise more. Counting calories and eating low fat food while spending hours at the gym has become the standard route to weight loss, but, Stephanie believes that this seemingly logical approach fails most people over and over again. She says, "My success as a natural health therapist lies in the fact that I address each of the emotional, psychological, physical and nutritional aspects of my clients' lives – an approach I believe is vital if I am going to help you to make significant and permanent changes to your lifestyle and increase your sense of wellbeing. My diverse experience and my extensive studies and research, together with a history of personal health struggles, ideally equip me to be the catalyst and guide for the changes you know you need to make, but don't know how."

With increasing levels of stress present in our everyday lives and general ill-health issues surrounding many of us right now, it can be difficult to know where to begin. With the nights' drawing in and winter just around the corner, now is the perfect time to take stock of our health and make some realistic lifestyle changes with Stephanie's help.

To book please call 'The Kennels' Reception on 01243 755132 or email thekennels.reservations@goodwood.com

(ENDS)

Editors Notes

The Kennels is the private clubhouse for all of the Estate's sporting and social members, it offers personal service and a relaxed atmosphere.

Built in 1787 by celebrated architect James Wyatt to house the third Duke of Richmond's prized fox hounds, The Kennels was known as one of the most luxurious dog houses in the world. Today, this classical Regency-style building mixes traditional character and contemporary style with historic references that reflect Goodwood's sporting heritage. The restaurant, bar and terrace enjoy splendid views across the spectacular parkland up to the racecourse.

As well as sporting memberships, there is also a social membership available for £180 per year. The Kennels Social Membership gives you access to the Clubhouse, an array of events and a number of other benefits across the Estate.

For more information on becoming a member at Goodwood please visit the website:

<http://www.goodwood.com/estate/the-kennels/membership/>

About Goodwood:

Goodwood is a unique sporting Estate set in 12,000 acres of beautiful West Sussex countryside. Owned by the Dukes of Richmond since 1697, it has become famous for its thrilling motorsport events and spectacular horse-racing.

Whilst these two sports are a fundamental part of the Estate's DNA, there is more to Goodwood than horses and cars: it includes an organic farm, four restaurants, two 18-hole golf courses, a sculpture park, a private members club, an aerodrome, a health club, a four-star hotel and a 10-bedroom luxury retreat.

Throughout its 300-year history, Goodwood has been a place where forward-thinking is celebrated and world-class entertainment comes naturally. It is a place that anyone can enjoy 365 days of the year: <https://www.goodwood.com/>

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