



HARRYS IS DELIGHTED TO BRING HEALTHY OPTIONS TO THE WATERFRONT

Nutrifit is an award-winning 6-week optimum nutrition intensive, researched, designed and written by nutritionist Catherine Burns. The focus is on clean-eating and real, whole food. Although this is a group program, it's incredibly flexible in essence – suitable for people of all ages, with any kind of health history, list of allergies or food preference (vegan, vegetarian, paleo for example.)

All the Nutrifit dishes are created in partnership with Catherine and Colin Gray, our talented Executive Chef here at The Cloud.



We have a wide range of Nutrifit recommended products in store at Miles too. Look out for the Nutrifit leaf on our shelf labels! We also have Nutrifit meals available in the fridge and Nutrifit dishes at the deli.

Nutrifit began in 2008 when Catherine wrote the course as a one-off for a group of clients who all wanted to know one thing – how they could manage their weight in a healthy and sustainable way. By the time the first course was finished, the next one was fully booked and it snowballed from there. Every year the content is reviewed and updated so you can be sure that you're receiving completely current guidelines within the best practices of Nutritional Therapy. After more than a decade of excellent results, Nutrifit is covered by most Argus, BF&M and Colonial/CG Insurance health insurance policies.

Nutrifit is regularly scheduled through the year for those who want to participate independently. It's also frequently taught onsite for workplace wellness programs.

Why do the Nutrifit program?

Nutrifit will help you lose weight (if you need to), improve your body composition, boost your energy and re-think lifestyle factors that have been standing in your way of success. It's a great opportunity to learn how nutrition really works so you can make informed choices that impact how well you feel every single day. We'll teach you our signature preventive health care strategies for balancing blood sugar and improving digestion, as well as giving you all the essential info on antioxidants, detox, the right kind of fats and choosing organics that work within your budget. To make sure that you have a truly holistic overhaul, we also dedicate a week to stress and sleep too.

By choosing a Nutrifit dish at The Cloud, you can be sure you're choosing something that is:

- Gluten-free*
- Dairy-free
- Portioned appropriately
- Local, seasonal (where possible)
- Low carbon footprint
- Wholefood • Non-GMO
- Low-glycemic
- Nutrient-rich
- High (gentle) fiber

We also only use ethical animal protein sources and provide many plant-based options.

**not an exclusively GF kitchen so cross contamination is possible*





ABOUT CATHERINE:

Catherine is a fully qualified Nutritional Therapist and the founder of the Natural Nutrition brand. Following a recent partnership between her practice and The Waterfront Group, she is now AVP Nutrition, Wellness & Community Health at Waterfront Wellness. Catherine has a science-based yet holistic and fun-loving approach to healthy living, working with expertise, authenticity and empathy. She uses proven preventive health care strategies to help her clients reach their goals.

Catherine graduated with BA Hons from Durham University in 2000 and went on to train with the Institute for Optimum Nutrition in London, completing four years of hands-on training and clinical practice. Now, with over 15 years of experience in the industry, Catherine has worked with hundreds of people in Bermuda providing consultancy to worksites, businesses, community groups, families and individuals.

Having seen incredible results when people truly understand how and why nutrition affects the way they feel, Catherine is a huge advocate for real education vs. a quick fix. This has influenced the philosophy of her company from the ground up with Catherine establishing relationships and supportive programs that help people follow through on their best intentions. Catherine believes that long term, nutritional choices will either build you up or knock you down. Her ultimate goal is to help her clients reach a place where they are making healthy choices because they genuinely want to, not because they've been told they have to.

Originally from the U.K., Catherine now also has Bermuda status and has two daughters aged 12 and 10. She has written the popular Food for Thought Column in the Royal Gazette for over 16 years and has also contributed to the Huffington Post. Catherine is also the current President of the Bermuda Nutritional Therapy Association (BNTA). Awards include:

Bermuda's Health Care Professional of the Year (2014)

Bermuda's Entrepreneur of the Year (2016)

Bermuda's Business Woman of the Year (2016)

Bermuda's Columnist of the Year (2018)

For more information, please contact Catherine@thewaterfront.bm or call 298 3704 / 505 4725.



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