

EMILIA THOMPSON PhD

Improve your body composition, health and relationship with food.



Dr Emilia Bonnar Thompson
Nutrition Consultant RNutr (Sport / Exercise)
Professional Life Coach

CONTENTS

Within this testimonial brochure you will find images and quotes from some of Emilia's clients.

Some of these clients had a goal of fat loss, some competition prep, some to improve their relationship with food and some to improve their sports performance.

Some of these are current clients still working towards their goals, some previous clients and some brand new clients, having only worked with Emilia for a matter of weeks.

All of these clients were happy to share their progress with you...



info@emilia.fitness



@emiliathompsonphd



07584309107



Emilia Thompson Nutrition Consultant

FAT LOSS, REVERSE DIETING AND MINDSET



SW

I've still got lots to achieve but without your help I wouldn't have made the progress I have or changed my mindset or done so many steps every day!

JESS

I'm so proud that I'm finally sticking to a plan! This is the first time in two years that I've managed to do it! My diet with Emilia is so varied and interesting, it really doesn't feel like a diet.



FAT LOSS, REVERSE DIETING AND MINDSET

LYDIA

I'm so happy with another weight loss its amazing feeling, to be losing weight and still been able to weight lift and lift heavy. I feel great and also ready to train. I'm still love it and feeling great and enjoy it. I'm feeling ready to go and alive and energy is higher than ever to be honest its an amazing feeling.



HOLLY

I can't express how much Emilia helped me over this last year and I'll always praise how amazing she is as a coach. I am so happy I chose her. Emilia taught me so much and helped me to feel how I do at the moment. I'm extremely excited for the future and being able to love my life how she has shown me.



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HANNAH

I'm most proud of not feeling restricted – I think this has been a massive breakthrough for me – Emilia has changed the whole way I view and think about food so food is no longer “good” or “bad” to me – I am just eating for my goals which I am really enjoying.



RICCARA

I literally couldn't have done any of this without Emilia. She has pushed me to a place where I have never been pushed! And even though at some points I don't feel it's worth it and I won't be stage ready, she is there to put everything into perspective and re-motivates me and helps me get through the grind!!!



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CHARLOTTE

Without Emilia, this would have been a perfect rebound/emotional eating time and I don't give a damn about that. I care about smashing my sessions and giving my all.

I cried this morning at how much I'd changed AGAIN!!!!!! Thankyou to the moon and back



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GH

Christmas time a few years ago would be a really scary time for me. I would have been fearful of most foods people enjoy around this time of year. I am pleased to say I now can enjoy myself with food knowing that I won't binge and feel guilty or punish myself for enjoying something.

AM

My mentality has completely transformed, I have learnt so much about myself, about nutrition and about maintaining a healthy balance with food.

HM

This time round I stuck to my plan not because I'm obsessed with achieving my goal and seeing the number decrease but because I'm slowly developing a better relationship with food.

HB

I'm proud of how I no longer view the meal plan as that but rather as a lifestyle, learning from it and growing because of it. Making sure I stay on track while still being able to attend to everything else in my life.



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COMPETITION PREP

Our team is ever growing, and so far has achieved the following:

- PCA
 - British Finals 2nd Place 2017
 - Bodypower 1st Place 2017
 - Saxon Classic 1st Place 2017
 - Xplosive Ape Midlands 1st Place 2017
 - 1 PCA Team GB invite 2017
 - 2*ProAm appearances 2017
- UKBFF
 - Northern Irish 1st Place 2017
 - 1*British Finalist 2017
 - ZKK Classic 3rd Place 2016
 - English Grande Prix 3rd Place 2016
 - 1*Arnold Classic Barcelona 2016
 - 1*British Finalist 2016
 - 1*British Finalist 2015
 - ZKK Classic 3rd Place 2015
- UKUP
 - Bodypower 3rd Place 2017
 - 1*British Finalist 2017
- IBFA
 - Highlands and Islands 1st Place
 - Highlands and Islands 3rd Place

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COMPETITION PREP

SOPHIE

My biggest inspiration and rock has been my coach with me for over a year now through a good building phase, both physically and mentally, and my competition preps, whilst crushing her



own comps and dreams! I seriously cannot even think about stepping on stage without her knowledge, backing and upmost support!

MARTINA



My coach is da 🏆. I wouldn't have that trophy without her expert (PhD in nutrition guys!) guidance, and her peak week expertise pulled in a 3 week out physique into a 1 week transformation and a 1st place trophy. Thank you Emilia for being a great friend as well as coach. You really showed up with the goods this past couple of weeks and I will be forever grateful for your support, guidance, tips and tricks. Emilia walks the walk as well as talks the talk and so I found it much easier to trust her and respect her approach.



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COMPETITION PREP

ELEANOR

No matter what I'm eating, be that pizza or chicken sausages, I'm weighing nothing. It's terrifying, but it's freeing, it's liberating and each day I eat intuitively and well I'm proud of myself – this is a step I could NEVER have taken a year ago and without Emilia.



LISA



This was my shortest prep yet, 12 weeks of online coaching with a flexible dieting approach, working with a female coach I had never met. You can bet I wouldn't have changed a thing about prep, I had the most enjoyable experience yet, I learnt so many things, my coach taught me to love myself and love the process. Not only did she improve my physique and posing, but also my mind. All these adaptations were made without ever meeting this girl. I think that in itself speaks wonders.



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COMPETITION PREP

Hannah

I cannot put into words how much Emilia has done for me and inspired me. In the few months we have been working together I have improved and learned SO MUCH even small things like being more positive about day to day life and the way I see food 🧐 so thankful to have such an amazing coach and friend 🔥❤❤



Leanne

Emilia has supported me from weight loss client to bikini competitor, and massively developed my knowledge and understanding along the way. Genuinely wouldn't go anywhere else, or recommend anyone more highly



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COMPETITION PREP



Emilia CHANGED MY LIFE, starting off I had no clue I was 'comfortable' but now I'm 'happy'. She taught me that it's okay to step out of your comfort zone and **DON'T BE AFRAID** to challenge yourself or take risks. I don't think she realises that so many women including myself look up to her. She's not just an 'online coach' she's a LIFE (yes I've got tears in my eyes).

ROBYN



EMILIA

I have self-prepped for 3 years, because I truly believe it is important to practice what we preach. I have pushed through the prep boundaries, gone through the post-show challenges and won my fair share of trophies. I truly believe that prep can be flexible, fun and mastered 100%, without the requirement for a 'bro diet' or too much social sacrifice! I hope to promote this in all of my clients, enhancing the pre- and post-show life and food relationships.



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POWERLIFTING ATHLETES

MUNIRA

Emilia did not only push me to achieve my fitness goals but help build my confidence within me and pushed me to follow a dream which I was afraid to follow for a long time. I now compete in the powerlifting field.



FRAN

In 4 weeks, I have felt really happy and confident that moving towards an intuitive approach by tracking protein and calories would work best for me. So far, so good in the sense that it has let me just eat as a go and not overly stress about macros BUT I still feel fuelled for training.



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MINDFUL EATING PROGRAMME

LAUREN

I don't know what's happened but it's like every taste is more intense now. I can't bear sweet or salty foods for too long

I'm proud that I am savouring meals, stopping when full, learning what hunger is and what snacking is again

The things I have realised over the last year have been life changing.

I am proud of my shift in mindset: Before I was doing this TO myself. Now I see myself as doing this FOR myself. Your powerful blog post came at just the right time and reaffirmed why I am doing this. Thank you for sharing that, it was a joy to see.

You can also read a blog written by Lauren on my website here:
<http://www.emilia.fitness/2017/05/17/client-spotlight-lauren/>



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