

DESIGN YOUR LIFE FOR HEALTH

30 DAY
PROGRAM

INDIVIDUALISED
PROGRAMS

JOIN NOW

IMAGINE A LIFE
DESIGNED ESPECIALLY
FOR YOUR HEALTH!

WHAT WOULD THAT FEEL LIKE?

Take the guess work out of it. Take this 30 day program and learn how to redesign your lifestyle habits to truly support your total wellbeing. We will analyse current patterns in all aspects of your lifestyle and reshape, rework and rebuild a life that oozes health and vitality!

6 PILLARS OF HEALTH

LEARN HOW TO
SUPPORT ALL 6
PILLARS OF YOUR
TOTAL HEALTH

MIND	BODY
MOVEMENT	EATING
WORK	PLAY





How does it happen?

All aspects of the program are designed to be delivered online, however, face to face consultations will be arranged if possible.

Phone or email support available throughout the whole program.

PROGRAM INCLUDES;

- COMPREHENSIVE INITIAL LIFESTYLE HEALTH AUDIT, DETERMINING YOUR UNIQUE NEEDS. 1 HOUR F2F OR SKYPE.
- WEEKLY CHALLENGES & TASKS IN EACH OF THE 6 HEALTH PILLARS TO FOCUS YOUR ATTENTION & KEEP YOU MOTIVATED
- LIFESTYLE DETOX - OUT WITH THE OLD & STALE, IN WITH THE NEW & INNOVATIVE. MATCH YOUR ENVIRONMENT TO YOUR NEEDS
- WEEKLY CHECK - IN VIA EMAIL TO KEEP YOU ACCOUNTABLE!

MIND + BODY

LEARN HOW TO USE THE POWER OF YOUR MIND FOR REJUVENATION & TO TUNE INTO YOUR BODY INTELLIGENCE.

MOVEMENT + EATING

DEVELOP A HOLISTIC APPROACH TO BOTH MOVEMENT & EATING FOR NOT ONLY HEALTH, BUT ENJOYMENT!

WORK + PLAY

...FULFILMENT, JOY, BALANCE, INSPIRATION, PURPOSE.....ARE THESE BEING MET? CAN WE ENHANCE THIS? LET'S CREATE A LIFESTYLE THAT YOU LOVE!

YOUR INVESTMENT

30 day program \$289

Get a group together for a discount!

HEALTH FUND REBATES MAY APPLY

CONTACT

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