

Healthy Lifestyle Reset

4 Health Coaching sessions with your own private coach including a Healthy Pantry Makeover

The Healthy Lifestyle Reset covers the basics of living and eating healthy. In 4 sessions you will learn the fundamentals of a healthy lifestyle, while discovering how to balance your life.

This 4 session program is designed to get you from **chaos to control**, while focusing on nutrition, meal planning, stress management, sleep and self care.

This program is for you if:

- You feel overwhelmed with life and in the kitchen, and wish you were more organised
- You'd like to eat healthier, but don't know where to start
- You feel stressed
- You're tired all the time and struggle to get out of bed in the morning
- You feel like you're constantly catching a cold
- You have trouble concentrating and struggle with brain fog
- You're bloated, or are carrying some extra weight that won't come off... no matter what you try
- You're wondering when it's **ever** going to be better

The Healthy Lifestyle Reset includes:

- 3 x 45-minute personalised 1-on-1 coaching sessions – that will help you make dietary and lifestyle changes that will support your health and wellness
- 1 x 1.5 hour Healthy Pantry makeover
- Health History review
- Food Diary reviews
- Nutrition and lifestyle recommendations
- Program includes: notes emailed after each session, email support between each session and informative handouts to boost your knowledge about health and nutrition



\$ 449

