



# Reset Your Body Reset Your Life

**6 months health & wellness coaching  
with your own private coach**

Overwhelmed, overweight, struggling,  
stressed and no time to be healthy?  
This program is for you!

Let me help you **take control of your life and feel like your best self**. Follow my step-by-step program to get back on track (no star jumps and burpees required).

This comprehensive, fully customised program, covers all aspects that make up your health:

- food
- stress management
- movement
- sleep
- relationships
- home environment

## It's not just the food!

Getting healthy is a journey, and as your coach, I will guide and support you every step of the way. Together we will bring attention to all those areas that need improvement, and through goal setting and simple action steps you will gradually make positive changes in each of those areas. My step-by-step process of lifestyle and diet changes is very powerful, and essential in making changes and creating new habits that will be last a lifetime.

No single diet, lifestyle or exercise routine works for everyone. That's why this program is fully customised, based on your bio-individuality.



**Kim van O**  
Health & Wellness Coaching

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## What we focus on during Reset Your Body, Reset Your Life:

- setting and accomplishing goals
- finding the foods that work best for you
- meal planning and preparation for busy people
- learning about new foods and how to incorporate them in your diet
- working to achieve and maintain your ideal weight
- optimising your digestion
- understanding and reducing cravings
- increasing energy levels
- stress management
- improving concentration and reducing brain fog
- resetting your body and immune system
- improving sleep quality
- feeling great in your body
- bringing balance in your life
- creating new healthy habits
- learning how to nourish your body
- creating a new sense of love, support and care for yourself
- giving you the knowledge and skills to feel confident to continue your health & wellness journey on your own, after the program is finished

**Unlock the healthier & happier version of you**

The Reset Your Body, Reset Your Life program includes:

- 12 x 45 minute personalised 1-on-1 coaching sessions
- Health History review
- Food Diary reviews
- Nutrition and lifestyle recommendations
- Grocery shopping tour/healthy pantry make over
- Program includes: notes emailed after each session, email support between each session and informative handouts to boost your knowledge about health and nutrition

\$ 1497



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