

# **Fit 4 Life™**

Advanced Health Coaching

## **12 Week Challenge Information**

### **Now includes Gut Healing Programme “Train your Gut”**

Your 12 week challenge is exactly that, YOURS and is designed around you and your personal goals whatever they may be

You receive a booklet which is your bible for the next 12 weeks! We will plan your exercise, record your food and drink and exercise sessions so that we can review them each week fully supported all the way – no surprises

Your programme is designed to match your fitness levels and as the weeks pass it is adapted to match your improving fitness – to push you towards your chosen goal



The full investment is \$1199 but you can pay that in thirds if it suits you better, \$399 at the beginning of each month

If you use your book, fill it in and complete a food diary you WILL make some huge changes to your health and fitness

Looking forward to working with you!



We will train on a mutually agreeable day and time and if you need to change or move sessions that's fine

We will do measurements and basic fitness tests to assess where you are at now and monitor these in the middle and at the end of the 12 weeks – before and after photos are optional but a great idea

