

Personal Health coaching - (6 week program)



Sometimes it's necessary to fast track your success.

- Are you unhappy with your body?
- Sick and tired of dieting?
- Want to get your shape back?
- Need to be more accountable?

If you answered yes to any of these questions this program is for you.

This 6-week online program designed for people looking for accountability, direction and support as they move towards creating forever change.

5 reasons to be part of this program:

1. You've had enough of being in and out of shape.
2. You want to change but don't know where to begin.
3. You need some structure, direction and accountability.
4. You're serious about getting in shape forever.
5. You're time poor and struggle to find balance in your life.

What is health coaching?

Health coaching is a supportive process where the coaching relationship will:

- Educate, encourage and guide you towards healthy behaviors.
- Help change negative thinking and emotional responses when dealing with your body.
- Provides structure and accountability to help overcome any barriers that are holding you back.



What do I get?

- An initial 30 minute consultation session to establish your goals and get you organized to achieve the best possible results.
- A second 30 minute consultation session to discuss your goals and action plan.
- A comprehensive personalized 6 week cardio and resistance training program.
- Weekly catch up call (10 minutes) to discuss your progress, answer questions and provide feedback to assist you in your journey.
- Unlimited support with quick responses to all your questions.
- Nutritional guidelines and food diary.
- 1 group training session a week (optional)
- 15 minute post consultation to discuss results, answer any questions and explore further action.

The health coaching program is for those who:

- Believe they're capable of achieving success but need direction.
- Feel they've hit a plateau and desire a change.
- Is time poor and desperately requires balance in their life
- Struggles staying on track and wants accountability.
- Has seriously decided they want to get into shape **forever**!!!

Package cost: \$250.00

Program coach – Danny McAllister

Danny is a highly regarded coach in the areas of health and personal development, over the last fourteen years he has helped teams, companies and hundreds of individuals to get in shape. This experience has given Danny a unique insight and understanding of weight loss and all its variables, he has an ability to educate, inspire and challenge you to make the necessary changes to create a better YOU!

If you are serious about getting in shape forever and performing at your best contact Danny on: **0412 921 117**

All consultations are conducted on a one-to-one basis, either face to face or over the phone.

Personal training sessions can be included at an added cost.