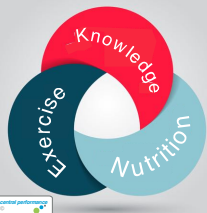


Central Performance Healthy Habits Coaching Group



3 steps to losing kilos in a safe & sustainable way

1. understand what is needed to reach your goals
2. put the right habits into place
3. consistently apply those habits over time



Healthy Habits Coaching Group

Clearing the path between you & where you would like to be.

t 9280 2322 info@centralperformance.com.au

Your Healthy Habits Coaching Group membership includes

- one free comprehensive strategy session covering;
 - a full assessment of your movement, nutrition & lifestyle
 - detailed goal setting to find out just where you would like to be
 - planning of your personalised exercise & nutrition program
- exercise training & nutritional coaching ~ group or private
- a coach & mentor to assist you every step of the way
- education to keep you motivated & in control
- results tracking & evaluation
- free access to educational workshops & seminars

We *don't* believe in fad diets, 6-week blitzes or generic programs.

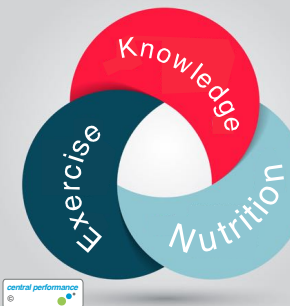
We *do* believe that education & a personalised approach is essential.

We *do* believe that creating lasting changes takes time.

We *do* believe in healthy habits consistently applied over time.

We *absolutely* believe in empowering you to take your health into your own hands.

Healthy Habits Coaching Group



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**CALL 9280 2322
for info & bookings**

info@centralperformance.com.au

central physio and performance fitness
Improving health Building performance Changing lives

www.centralperformance.com.au