

beyond
THE
BODY.

mindset

nutrition

movement

When you work with me:

- You will change your mindset around nutrition and exercise
- Achieve fat loss, muscle gain, or healthy weight gain (goal dependant)
- Build confidence and love for your body
- Learn how to strength train and move your body effectively
- Learn more about your body and what it needs
- How to live a healthier well balanced lifestyle
- Accountability
- Support
- Constant education on what and why you are doing what you are doing on your journey.



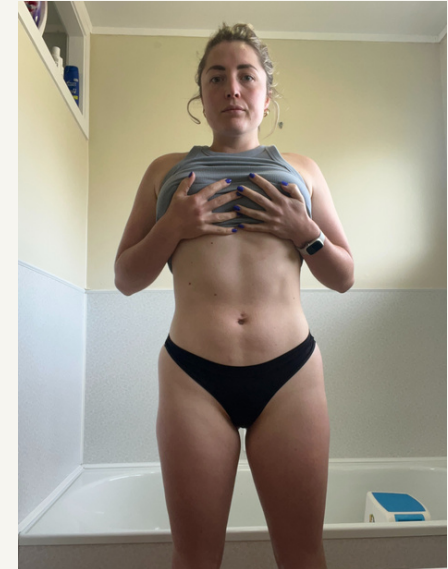
1 month difference!

In just 14 days with consistency with your nutrition you can actually see change!

Not enough protein and over eating



High protein and sticking within calories



10 days difference!



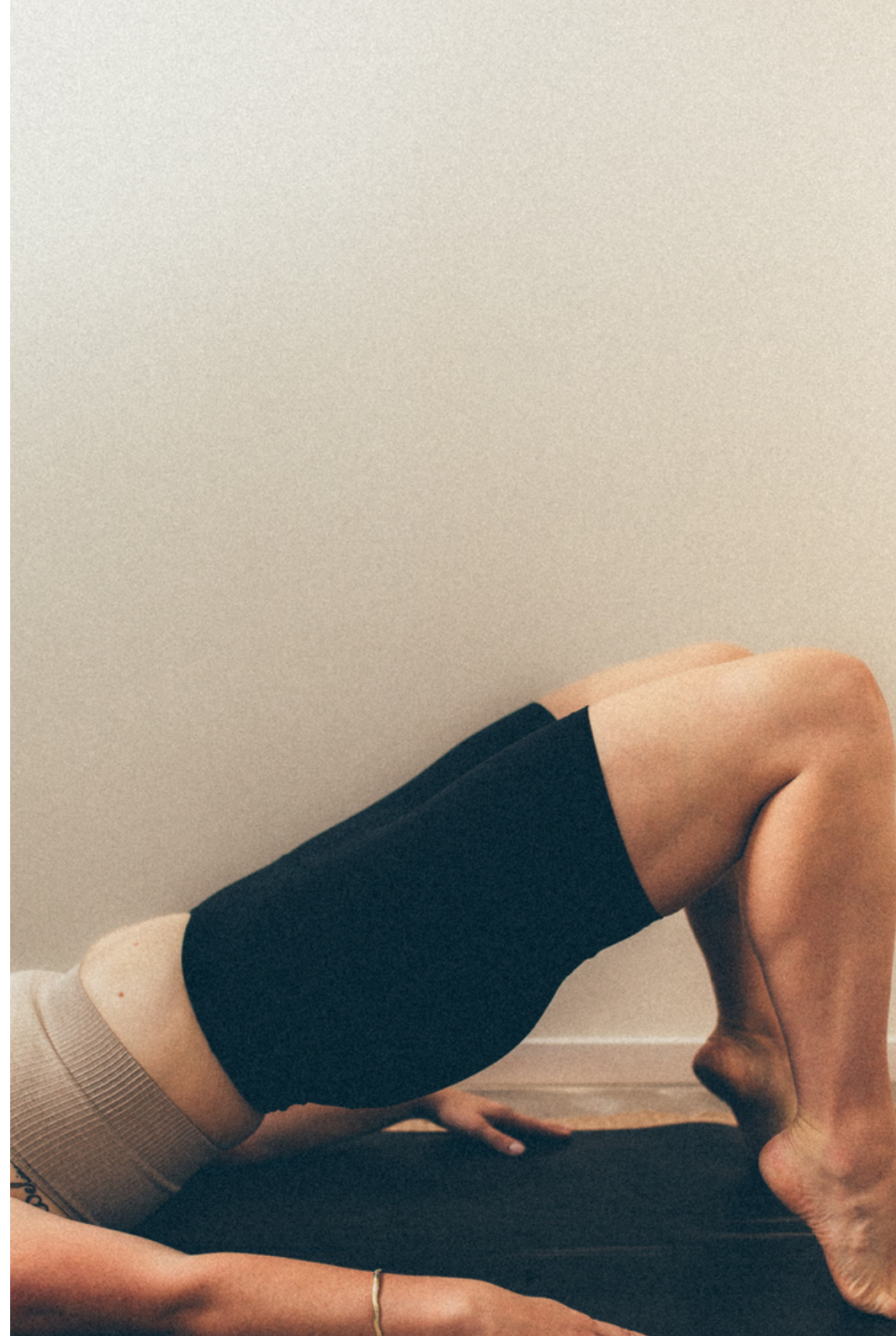
5 months difference!

We use my coaching App to stay on track!

To track all of your nutrition and training, schedule in habits, tasks and to do's we use an app system which once you sign up I will send you a link to download.

Once you download the app, you will fill out a consult form, open your account, connect your fitness smart ware devices if you have them, so that your account is ready for me to then personalise your workouts and your nutrition.

The app will allow you to : track your food (similar to my fitness pal), complete your workouts, habit track and access to all of my premium resources which will help you to achieve your goals!



Nutrition:

Depending on your goal, we will work together to:

- Work on your relationship with food
- Find balance with your food to ensure you can enjoy the treats you love and still see results.
- Gain better energy from eating the right amount of food for your body
- Gaining better mental clarity through macronutrients to win every day of your life!
- Achieve fat loss or healthy weight gain (goal dependant)
- Fuel to perform in life!

In my app, you will be set up with your own account, with access to 100's of recipes, which are all macro nutrient friendly as well as delicious to help you on your food journey.

We will also touch base 3x per month to ensure you are on track with your calories, and nutrition goals are being achieved.



Training:

Depending on your goal we will work together to help you:

- Build strength
- Gain fitness
- Improve mood and mental health
- Assist with health conditions
- Promote healthier bones, bone density and blood flow
- Gain lean body mass to help keep the body strong fit and to burn body fat
- Feel empowered from lifting weights!

Using my app, you will be set up with a personalised fitness and strength plan to help you achieve your goals. (or guided in the right direction for the studio or gym you may belong to) Your workouts are scheduled in your calendar via the app, and ticked off as you complete them for extra accountability.



Your Investment:

\$360 per month for a minimum of 12 weeks or \$1030 up front

Monthly:

- 2-3 online coaching sessions per month (in person option available if local)
- Constant programme upgrade if applicable
- Nutrition plan
- Nutrition consulting
- Fitness programme if applicable
- Full app access
- 7 day per week accountability and support
- Private Facebook group access for clients only
- Access to all resources to help you on your journey
- Weekly checkins Sunday with video responses back on Monday

Yearly: \$4000 for the year - can be invoiced as coaching for business owners to claim GST.

Commit for a whole year and let's work really hard to change your life together! No matter how hard it gets I will be there to support you every step of the journey!

If this does not fit within your health and fitness investment budget I do have a smaller offer which can help you get on track:

Monthly:

For a minimum of 18 weeks

\$190 per month with all the above + \$290(+GST) for a nutrition plan and wellness pack at the start if you have not already received one prior.

ONE OFF FITNESS PROGRAMMES WITH APP ACCESS FOR 3 MONTHS : \$310

ONE OFF NUTRITION PLANS WITH APP ACCESS FOR 3 MONTHS: \$310

Why beyond the body & working with me?

I have recently rebranded to beyond the body coaching to represent the 3 pillars we will be focusing on as we go through this journey together.

Nutrition, movement and mindset.

These 3 components work hand in hand to help you achieve your overall goals and most importantly change your life.

My coaching methods are unique, I am here to show you empathy with a dose of tough love to help you make ever lasting change so you can live the rest of your life doing whatever you like because you can!

Be inspired to become the best version of you, because after signing up with me that is exactly what you will achieve.

beyond
THE
BODY.