



Executive Health Coaching



Revamp your lifestyle this year, and enjoy looking, feeling and acting at least 5 to 10 years younger. Through Executive Health Coaching you will develop an enjoyable and maintainable healthy lifestyle routine, and will experience your best ever health as a result. This 12 month evidence-based program has specifically been designed to address the five pillars of health identified by the World Health Organisation and common lifestyle shortfalls amongst Executives and busy professionals. The program involves monthly progress audits that will keep you on track to achieve your health and lifestyle goals. The program also includes monthly 1-on-1 consultations with our Executive Health Coach, to educate and support you throughout the lifestyle change process. You will complete this program possessing all the skills you need to sustain a healthy and fulfilling lifestyle for years to come.

This program is perfect for you if...

- You need to be held accountable
- You want to get your health on track once & for all
- You lack the energy that you need to get the most out of each day
- You struggle to make time for yourself (e.g. setting goals, relaxing or being active)

Outcomes and benefits

- Prevent yourself from becoming another executive heart attack statistic
- Develop a true passion for eating well & being active
- Develop the skills you need to successfully implement healthy lifestyle changes
- Have endless energy & a renewed passion for your life

What's involved?

- A health and lifestyle diagnostic
- A monthly 1-on-1 Executive Health Coaching consultation, involving a progress review, accountability check-up, learning content & homework
- A Health and Lifestyle Manual filled with helpful information & practical fact sheets
- A Workbook to keep track of your food, exercise, goals & progress
- Follow up support materials including our informative newsletters
- The 'Home Exercise Program' publication & other relevant books / resources
- Your own Swiss ball, pedometer & resistance cord, for convenient exercise at home

You will learn all about...

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| 1) Goal setting & behaviour change | 7) How to interpret food labels |
| 2) Meal planning | 8) Stress management & life balance |
| 3) Becoming fitter | 9) Achieving your healthy weight |
| 4) Strengthening your muscles | 10) Achieving optimal health |
| 5) Alcohol, caffeine & smoking | 11) Staying hydrated |
| 6) Sleep & fatigue | 12) Maintaining your healthy lifestyle |

About your Executive Health Coach

Leanne Hammond has been coaching many of Brisbane's most successful executives and senior managers for the past ten years. Leanne is a health specialist (university qualified Dietitian and Exercise Physiologist), performance expert (elite athlete), corporate health company owner and entrepreneur (Queensland Women in Business Awards Finalist 2007). Leanne herself has experienced burn out, and has since turned her life around to achieve a renewed work-life balance and fulfillment. Leanne practices what she preaches. Her guidance will empower you to regain control over your lifestyle, your time, your health, your weight, and your mental wellbeing.

Getting Started

This program is valued at \$3135. By committing to the 12-month program, you will receive all of this for only \$220 per month (a saving of \$495 for the year). To ensure service of the highest quality, numbers for this program are strictly limited. Don't put your health on the back burner any longer. Call us today to get started - it will be the best thing you do all year!

