



Family Overhaul

Fitness, food and fun that the whole family will love!

Of all the things you do as a parent, by far the most important is to bring your children up with healthy lifestyle values that will set them up for long and healthy lives. The Family Overhaul Program is the perfect opportunity for each of your family members to improve their fitness, eat well, achieve a healthy body shape and achieve measurable health improvements, all whilst spending quality time together. Our Health and Lifestyle Specialists will give your family all the knowledge, guidance and support you need to be able to turn your family's health around for good.

This program is especially designed for parents like you who are...

- Concerned about your family's health
- Struggling to find time to fit in family time and/or exercise
- Not entirely happy with your current body shape

You can expect...

- Convenient mobile service – we come to you because your time is precious
- Fun exercise sessions and challenges that are done together as a family
- Family-friendly nutrition advice from our qualified Dietitians
- Ongoing goal setting and results for each member of the family
- All the support you need – so you can feel confident in your ability to turn your family's lives around
- To be welcomed into the CPS community, and receive the benefits of informative newsletters, a range of health seminars and inspiring family social events

You will receive...

- A health, nutrition and fitness assessment for each family member
- Your choice of either a 6-month or 12-month program
- Monthly progress check-ups, goal setting and mentoring with your Family Health Coach
- 'Star Charts' - for each family member to monitor progress towards their goals
- Family-friendly nutrition advice and practical fact sheets
- Private health fund rebates and possibly also tax deductions
- Access to our informative newsletters and expert fact sheets
- Family membership to our CPS community

Your Family Health Coach

We will place you with a Family Health Coach in your area who best suits your family's needs.

Your Family Health Coach will be:

- A university qualified Exercise Physiologist and/or Dietitian
- Experienced in weight management, diabetes and optimizing overall health
- Experienced in working with children and in possession of a Blue Card
- Fantastic at putting together exercise sessions that will be fun yet challenging for each member of the family

Your Family's Investment

- Initial health and lifestyle consultation in your home - \$110 per adult and \$77 per child
- 6 or 12 months of monthly progress check-ups and family exercise sessions - \$55 per week
- All family overhaul services are eligible for private health fund rebates

