



Ultimate Lifestyle Package

Designed to empower you with the tools and techniques needed to succeed in living your Ultimate Lifestyle. These one-on-one sessions will inspire, motivate and encourage you to be true to yourself and design the life you want to live. Your journey of self-discovery will teach you practical and sustainable methods that can be implemented into your life, to gain clarity about who you really are and what you want, and how to make positive changes to use your full potential.

Your journey will focus on the key elements that make up your Ultimate Lifestyle:

Fitness

With personal training and flexibility sessions, learn the best training techniques to gain maximum results in limited time, designed specifically for your body type and to suit your current lifestyle. Training programs are available to support you and ensure you are consistent with achieving your fitness goals. Perfect for people on-the-go, and the busy traveller.

Nutrition

For optimal results, the Nutrition & Recovery Tool Kit is an essential part of achieving your Ultimate Lifestyle. Learn the healthy, balanced way of eating to fuel your body and increase vitality. Discover the importance of macronutrients and meal timings with simple nutritional guidelines, based on your body type. Realistic and sustainable, with meal options and advice for busy people who want to eat clean, but may not always be within distance of healthy food options.

Wellness

Start to implement systems to help heal the body by learning the importance of massage, steam and sauna, post workout supplementation, flexibility and rest. With an extensive menu of wellness services available, including massage and facials, allow the body and mind to reconnect.

Project YOU

With the guidance of the “How to Achieve the Ultimate Lifestyle” workbook, start to discover who you really are and what you truly want from life. Learn to use fear to fuel your passions, and achieve the Ultimate Lifestyle.



The Ultimate Lifestyle package is tailored to focus on the specific areas in your life, that you feel need improvement. These sessions may be confronting, so I ask that you be truly honest with yourself, challenge your usual way of thinking, and allow yourself to step out of your comfort zone. I will be supporting you throughout your journey, every step of the way.

The Ultimate Lifestyle package is designed with components that can be offered as a mobile service. If you are unable to visit me at my Southport location on the Gold Coast, I will come to you (services from Northern NSW to Brisbane) Packages are valid for 1 month from date of purchase.

Ultimate Lifestyle Package
\$500.00*

Ultimate Lifestyle Consultation

60 min Personal Training or Flexibility session

60 min Massage of choice*

Nutrition & Recovery toolkit

“How to Achieve the Ultimate Lifestyle” workbook

Continued support and education from your qualified massage therapist, personal trainer & lifestyle consultant

**Ultimate Lifestyle packages are pre-paid in full*

**valid 1 month*

**Massage can be exchanged for Facial upon request*

**terms & conditions apply*

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