

HEALTHSTART PACKAGE

LIFE PERSONAL TRAINERS & LIFE DIETARY CONSULTING GIVE YOU THE EXPERTISE, EXPERIENCE & SUPPORT TO MAKE YOUR HEALTHY WEIGHT ACHIEVABLE.

START + CHANGE + LEARN

WWW.LIFEPT.COM.AU

HUTT ST PH 8227 0722 | UNLEY PH 8272 3500





START

INTRO DIETARY
CONSULTATION
INTRO FITNESS
CONSULTATION

Kickstart your new healthy lifestyle through introductory sessions with your accredited practising dietitian and your personal trainer.



CHANGE

5 X DIETARY REVIEWS
50 X 1 HR PERSONAL
TRAINING SESSIONS

This is it! Energise and lose weight as you work with your personal trainer. Support your exercise efforts with healthy eating strategies and support from your dietitian.



LEARN

PEDOMETER
"IF NOT DIETING, THEN
WHAT?" BOOK BY DR
RICK KRAUSMANN

Educate yourself about how to achieve and maintain a healthy weight without depriving yourself of food and fun!

TOTAL \$3100 INC GST