



# June Specials\* ...

## Offer #1

### Personal Training...

20% Off in May + June  
From \$40/week  
8 week minimum  
Bonus 8-week Winter Challenge

## Offer #2

### Bootcamp...

\$29/week for new members  
Up to 3 sessions per week  
15% Off for Teachers and Health care workers  
8 week minimum  
Bonus 8-week Winter Challenge

## Offer #3

### Small-Group Training...

You + 3 Friends:  
2 sessions for the price of 1  
\$45/week per person  
You + 1 or 2 friends: 30% Off  
From \$31.50/week per person  
8 week minimum  
Bonus 8-week Winter Challenge

## Offer #4

### More Than Movement Beta-Program Super-Special

50% OFF!  
12-Week Program Includes:  
2 x PT Sessions/week  
6 x Mindset Coaching Sessions  
3 x Bootcamp Sessions/week  
12 Month Action Plan  
Valued at \$3,338  
\$139/week  
Only 2 Spots Available

# Personal Training...

## *What is it?...*

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**Personal Training is a personalised and supervised 30-minute weekly workout conducted in the gym, aimed at building strength and fitness so that you can do the things you love to do in life with ease**

## *Who's it for?...*

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**Thousand Reasons Personal Training is for anyone who**

- Needs extra motivation and accountability
- Wants to work on their posture and technique
- Has an injury or condition that they want to improve
- Wants to increase their strength, stamina, mobility, flexibility, energy and quality of life
- Wants to improve their health and enjoy life at the same time

## *What's included...*

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- **30-minute one on one Personal Training session**
  - Initial discovery + goal setting session
  - Personalised program + tracking sheet
- **Regular goal and program check-ins and updates**
- **Sustainable and enjoyable nutrition plan advice**

# Small-Group Training...

## *What is it?...*

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**Small-Group Training is a personalised and supervised 45-minute weekly workout conducted in the gym, in a group of 2-4 people. It is aimed at building strength and fitness so that you can do the things you love to do in life with ease**

## *Who's it for?...*

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**Thousand Reasons Small-Group Training is for anyone who**

- Needs extra motivation and accountability
- Likes to work out with friends
- Wants the motivation of training in a group but needs more guidance on technique and posture
- Wants to increase their strength, stamina, mobility, flexibility, energy and quality of life
- Wants to improve their health and enjoy life at the same time

## *What's included...*

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- **30-minute one on one Personal Training session**
  - Initial discovery + goal setting session
  - Personalised program + tracking sheet
- **Regular goal and program check-ins and updates**
- **Sustainable and enjoyable nutrition plan advice**



# Bootcamp...

## *What is it?...*

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**Bootcamp is a 60-minute full body workout conducted outdoors, in a group setting. It is aimed at building strength and fitness so that you can do the things you love to do in life with ease**

## *Who's it for?...*

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**Thousand Reasons Bootcamp is for anyone who**

- Likes to work out in a group or with friends
- Wants the motivation and accountability of training with others
- Doesn't like the 'no pain, no gain' attitude of some other bootcamp groups
- Wants to feel good about themselves, no matter what age, size or fitness level
- Wants to increase their general strength, stamina, mobility, flexibility, energy and quality of life
- Wants to improve their physical and mental health and enjoy life at the same time

## *What's included...*

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- Up to 3 Bootcamp sessions per week
- Initial discovery + goal setting session
- Facebook messenger group chat (group motivation)
  
- Sessions run in Darlington on Tuesday + Thursday evenings, 6pm and Saturday mornings, 7.30am



# 8-Week Winter Challenge...

**Was 2020 going to be your year for health and fitness?**

**Did some crazy global and economic crisis get in the way of your best intentions?!**

A lot of us, through changes in work and isolation have felt uncertain, unmotivated, sluggish and down over the last few months.

Maybe you stopped exercising, maybe you did a bit more comfort eating, and now you're lacking the get up and go you used to feel. Or maybe your mental health has taken the biggest hit.

Lucky for us in WA, things are starting to go back to normal. Although you may not be where you thought you would be by now, Gyms and Bootcamps are starting to open up again, and now is the time to get your life back!

*Whatever your reason, this winter challenge is designed to get you back on track with more than just movement.*

Challenge yourself physically and mentally over 8 weeks, to help make the most of your mindset, movement and nutrition.

You'll be doing a new challenge every week, alongside your Personal Training or Bootcamp, to help you **build strength, improve your thinking, sleep and energy levels and build resilience** to kick start the rest of 2020 in the right direction.

**This challenge is free with any bootcamp or PT package...  
Check out our June specials for details!**

To register, contact Mel and book a 15 minute intro call to see which option is best for you.

**Phone: 0437 884 403 | Email: [mel@thousandreasons.com.au](mailto:mel@thousandreasons.com.au) |  
Facebook: [www.facebook.com/thousandreasons](http://www.facebook.com/thousandreasons)**



# More Than Movement {Beta Program}...

Health is far more than just "eating right" and exercising for weight loss. In our society, it's easy to get lost in what we 'should' be doing to maintain the 'ideal' image of health. These 'should's' can quite often be detrimental to our mental, physical and emotional health and can impact other areas of our lives, leaving us feeling guilty, restricted and unfulfilled.

This 12-week program aims to take the guilt out of improving your health, so that you can focus on what's really important in life {whatever that is for you} leaving you with more clarity and mental space to achieve fulfilment in other areas of your life.

The More Than Movement program combines mindset coaching, individualised movement programs and guilt free nutrition strategies to re-frame the way you think about health, so that you can enjoy your health as well as all the good things life has to offer (including eating cake while being a couch potato!)

## We are looking for...

We are looking for just 2-3 people to beta-test this program in it's development stage.

The More Than Movement program is a culmination of 10 years experience as a fitness professional and incorporates everything that has been shared with clients in the last decade to get the best outcome for not only physical health, but mental and emotional health too.

As this is a beta program, we will be requiring constructive feedback about the content and structure of the program before being officially released later in the year.

This program is not for everyone so, to be considered, you must be able to commit to attending all PT and Coaching sessions for the 12 week duration of the program, and be ready to commit to yourself.

# Program Outline + Inclusions

## What is the program?...

This program is an intensive 12-week program, designed to get as clear as possible on what health means to you, and what outcomes 'being healthy' will provide for you.

With our initial questionnaire and discovery session, we will find out what your priorities are, what you value and enjoy, and what you'd like to get out of the program.

In our subsequent coaching sessions, we will unravel any unhelpful health beliefs and ingrained mindsets, and focus on what you can control, moving forward through the rest of your health journey.

In our final coaching session, we will set your new goals and create a clear and inspiring 12-month plan to help you reach and maintain the goals you set in the process.

As well as the mindset, we will do 2 weekly one on one Personal Training sessions at Club Sierra in Mundaring (OR virtually (online) via Zoom if it is suitable for your goals and current training experience), and you can join up to 3 Bootcamp sessions per week, in Darlington.

The online resources include an abundance of resources on mindset, movement and nutrition, and will be available to you as needed

## What do you get?...

- Program tools and online resources**
- Initial questionnaire + discovery session**
- Weekly momentum sessions (4 weeks)**
- Goal-setting session + 12 month strategy plan**
- 2 x Personal Training sessions per week**
- up to 3 Bootcamp sessions per week**

# Next Steps...

## How much is the program?...

This program is valued at over \$3,330 over 12 weeks and will initially be priced at between \$2,497 and \$2,897.

As the Beta-program, the cost will be 50% of the estimated value at \$1,668, paid in weekly instalments of \$139

## How do you apply?...

**Step 1:** Register your interest by sending Mel a message {contact details below}

**Step 2:** Book a 15 minute intro call to discuss what you want and whether the program is right for you

## Contact...

**Phone:** 0437 884 403

**Email:** [mel@thousandreasons.com.au](mailto:mel@thousandreasons.com.au)

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