



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

Facebook: www.facebook.com/thousandreasons