

## The vitality program.

**Learn how to make wise food choices and lifestyle decision while creating balance in your life and improving your wellbeing.**

### This program is suitable for:

- People with low energy levels
- People with weight concerns
- People with food intolerances
- People with allergies
- People with health conditions such as diabetes, high blood pressure and high cholesterol

### Choose from one of the following:

- **A cleanse:** To detoxify, restore and renew
- **Food combining:** Master the art of eating foods for optimal health
- **The longevity diet:** A traditional, sustainable and nourishing way to eat
- **Body weight:** Enjoy being revitalized and in control of your weight.

The Program of your choice will be carefully adapted to your health condition, needs and personal goals. This service is available for adults, professionals, men, women, executives, adolescents and children.

### Program includes:

- 4 x 1 on 1 sessions
- A wellbeing plan (including a daily food plan)
- Goal setting and a lifestyle review plus recipes

Programs are designed to be flexible and to fit in with your schedule. You can choose weekly, fortnightly or monthly 1 on 1 sessions. You can also increase the number of sessions from a minimum of 4 up to a maximum of 8.

### Optional extras include:

- Personal Cooking classes
- Shopping Experiences

### Prices start from \$440.

For bookings or more information please **contact Kim Bishop on 0400 049 618 or [yu@yu.net.au](mailto:yu@yu.net.au)**.

**Achieve your goals and realize your dreams of sustainable health and total wellbeing.**

*"It was great to meet you I really do look forward to working closely with you, you have something very special to offer people!, many thanks"*

Brooke, Melbourne, 2009.