



ONE LIFE LIVE IT



One Life. Live It. Transform It. *Nutrition Program*

“Let food be thy medicine and medicine be thy food.” - Hippocrates



Now is the time to take your wellness to the next level. “An on-line, 8-week program of nutrient dense recipes (including the wholefood protein base for daily super-smoothies), meal-planning, shopping list, exercise prescription and examples and goal setting for the busy worker who needs a health overhaul and power-start!”

Featuring:

PLAN AND PREPARE – Follow our tips in the 4-3-2-1-GO section in this guide. Get motivated, set goals and make a plan that fits your life. Adjust the meal guide to meet your needs and work exercise in to your calendar. If you're not sure where to start ask for help.

PROGRESS – Seeing results will drive you forward. Start with a photo, measurements, or clothes you want to fit more comfortably. Use food and exercise diaries and reward your progress in non-food related ways. Get a massage, a new outfit, a swim in the ocean, or time away with friends.

PRODUCE AND PROTEIN – Follow the nutrition guide and take in foods that truly nourish your body. Fruit and vegetables protect against ill health. Protein (and beneficial carbohydrates) help repair and build strength. Together they will give you VITALITY.

POSITIVE PALS – Be a friend to yourself with positive thoughts and words and seek the company of others who support you in your efforts.

PUMP – Moving your body will improve your mind set and your shape. Follow the exercise plan for ideas and guidance.

YOU ARE READY for the life you want! there are no strict rules, only ideas and encouragement. We look forward to seeing you soon!

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