

Lose those extra kilos without the deprivation! Get back to your ideal weight this Spring and enjoy the process along the way



Weight Loss Made Easy

Louise from Healthy Eating Australia and Angie from Create Health and Fitness have joined forces to create a Weight Loss Package which includes 4 personal training sessions and a 1 hour healthy eating consult to get you back into shape and at your ideal weight!

Benefits:

Access to your very own Personal Trainer & Healthy Eating Expert

Personalised PT sessions that suite your needs

Feel energised, motivated and alive again!

Learn the basics of healthy eating

Receive a review of your current eating habits

Creation of a list of diet changes specific to your lifestyle and needs

Setting measurable goals which are achievable



Angie from Create Health and Fitness has been a qualified personal trainer since 2007. She has a real passion for fitness and enjoys promoting health. She is located in Mt Hawthorn, Mt Lawley and surrounding areas of North Perth.

Louise from Healthy Eating Australia is holistic, whole food focused and deeply passionate about nutrition and healthy eating. She is the founder of Healthy Eating Australia, the free online resource, and is completing her Bachelor of Health Science (Nutrition). She is also a member of ANTA, Natural Health Society, Diabetes WA and the Coeliac Society.



Weight Loss Package: \$300.00 (Valued at \$430.00)



For Bookings call Louise on 0416 300 785 or email:

louise@healthyeatingaustralia.com