

What is the ultimate body program

This is a 6-week coaching program that set you on the success path in your health and fitness
In just 6 weeks, you will be coached on mindset for permanent success.

I believe that achieving a healthy, energetic and pain free body should be on top of every person's list of priorities.

Without your health, what do you have?

Unlike what your trainer or health professionals will make you believe, to achieve amazing health and fitness is not limited only to how you move and what is on your plate. These are very important. But one element is missing, to make this a complete package.

Your mindset also plays a tremendous role. Remember, your success is 80% psychology and 20% strategies.

On this 6 weeks, you will discover some healthy habits that you will start applying immediately to achieve permanent results.

Not only result that will be here today and disappear tomorrow .

Healthy eating habits
Healthy way to move or exercise
Healthy way to apply your mind

Now this is a package deal

How is this program structured

We will meet every Saturday for 2 hours, for six weeks.

For those in South Africa, sessions will take place live, and the venue communicated beforehand

For those outside South Africa, sessions will take place online via Zoom

Week 1: Clarity is power

- We assess where you are right now and where you want to go
- We discover your deep motivation for change, I call this your WHY.

Week 2: Winning the inner game

- We discover your deep health and fitness beliefs
- What I call your inner DNA
- 3 keys to permanent success.

Week 3: Move for health and vitality

- Why exercise?
- Find your unique thing (There is no one size fits all)
- HIIT TO FIT (H2F)

Week 4: What's on your plate? Eat your way to a healthier, fitter and happier you

- Why do I eat (This is not a tricky question, I swear)
- Hunger cues
- Identify your triggers

Week 5: Cravings and Emotional eating

- What am I hungry for?
- Recognize and manage damaging emotions
- Eliminate or manage your cravings and stress eating

Week 6: Your success blueprint

- The power of rest (Why is rest so important)
- Your buzz moment
- You are in charge
- Your success blueprint

Note: Every 6 months, we will have a 2 hour get together to measure our success and identify our challenges

The next program starts very soon, Book here to join us on this amazing, life changing journey