

# THE HNF 12-WEEK PACKAGE

## (HEALTH, NUTRITION, FITNESS)

### What is it?

This twelve week programme is not just about losing fat or getting fitter (although that will happen too!), but improving your health generally, which is ultimately more important.

All aspects of your lifestyle can influence your health; diet, exercise, sleep, stress, rest, hydration, mindset etc. Getting all of these ducks in a row can help you gain more energy, feel better, reverse health chronic conditions and as a lovely side effect, help you lose weight.

Sometimes further tests or investigations are required if you have existing health conditions, we have links with functional medical doctors and naturopaths, so we can point you in the right direction.



### What happens over the twelve weeks?

1. Complete a health questionnaire and keep a food diary for a week
2. Then you will have a 1.5hr consultation and together with your coach a lifestyle plan will be developed
3. Embark upon the personal training programme
4. Further coaching sessions (x 2)
5. Ongoing nutrition coaching (via email, whatsapp etc)

### Is it for me?

If you don't feel great, if you feel sick, if you are carrying excess weight, if you know you are battling a health condition like diabetes, hypertension, cancer, gut issues, hormonal issues, menopause, skin issues amongst others, then this programme could be for you.

### What You Can Expect at The End of Twelve Weeks

- You will feel better
- You will have more energy
- Health condition symptoms will be reduced
- You will lose weight
- You will feel stronger and more connected with your body
- You will have a plan and a framework for what you need to do to be healthier for the rest of your life

Twelve Week Plan - The Costs			
	Frequency	Cost	Cost per session
Personal Training 1:1	2 x per week	\$16,800	\$700
Initial 1.5 hr consult	Day 1 x 1	\$1000	\$1000
1 hr health consults x 2	Day 29 x 1 Day 56 x 1	\$1400	\$700
Ongoing nutrition coaching	Twice per week for 12 weeks	\$4200	\$175
Total Cost		<del>—\$23,400—</del>	
12 weeks paid in advance		\$21,000	
Paid monthly		\$7,500 per month	

Your coach Ally van de Pol is a NASM-CPT Personal Trainer, AFPA Certified Holistic Nutritionist & AAHF Senior Exercise Specialist, plus First Aid and CPR qualified.

[www.dragonfitnessandcoaching.com](http://www.dragonfitnessandcoaching.com)  
[ally@dragonfitnessandcoaching.com](mailto:ally@dragonfitnessandcoaching.com)