


# Femergy@40 – At a Glance

## Nutrition and Lifestyle Health Coaching Programmes



*To inform, inspire and support you to hear your body whisper before it starts to scream; to make food and lifestyle choices for much better health; and to help you put the traditional foods that kept generations healthy back onto your table.*

*Izabella Natrins, Nutrition & Lifestyle Health Coach*

	New for 2019 		
	<b>12-Month Online Wellness Development Programme</b> ♥	<b>9-Week Nutrition &amp; Lifestyle Prescription*</b> ♥	<b>6-Month Nutrition &amp; Lifestyle Prescription*</b> ♥
	<p>You're struggling with poor sleep, tiredness, weight gain, low energy, everyday stress, overwhelm, relationships, home environment</p> <p>You want to take better care of yourself and want to feel well... but instead you feel anxious, stuck and unhappy in your 'skin'</p> <p>You love interacting with like-minded women, asking questions and exchanging ideas in a challenging and supportive learning community</p> <p style="text-align: center;"><b>'COMMUNITY' is for YOU!</b></p>	<p>Niggling little health problems keep bubbling up, sapping your energy and leaving you increasingly anxious</p> <p>You're unsure what to do to address them, but you're ready to do something now and make changes before things get worse</p> <p>You're motivated by working 1:1 on a clear, actionable nutrition &amp; lifestyle plan and you love accountability to help you move from strength to strength</p> <p style="text-align: center;"><b>'KICK MY BUTT' is for YOU!</b></p>	<p>You're struggling. You have a health condition - diabetes, CVD, arthritis, intestinal-health or a hormonal, autoimmune disorder</p> <p>You're committed to embarking on a journey of nutrition &amp; lifestyle change to take you to much better health</p> <p>You're looking to work 1:1 with qualified, experienced and highly personalised, support for sustainable health and wellness</p> <p style="text-align: center;"><b>'INTENSIVE' is for YOU!</b></p>
<b>'Femergy@40' Membership</b>	♥		
Checklists, tools, infographics	♥	♥	♥
Logs, menus, recipes	♥	♥	♥
Coaching emails/challenges	♥	♥	♥
Topic-based videos & webinars	♥		
Access to Facebook community page	♥	♥	♥
Progress-Tracking & Success Journal	♥	♥	♥
<b>'Kick My Butt' Nutrition &amp; Lifestyle Prescription</b>		♥	
60-Minute Consultation		♥	
4 x 60-Minute Progress Calls		♥	
<b>'INTENSIVE' Nutrition &amp; Lifestyle Prescription &amp; Support</b>			♥
Comprehensive Nutrition/Health Questionnaire & Analysis			♥
6 x 60-Minute Feedback, Implementation & Progress Consultations			♥
Phone/email support/handouts/links/referrals			♥
More knowledge, skills & confidence	♥	♥	♥
More energy, vitality, much better health	♥	♥	♥

\* A Lifestyle Prescription Extension is available.