



Inspiring  xcellence
innovative leadership mentoring coaching



Health and Fitness Motivational Coaching

Special offer for Beechworth Squash and Fitness Centre members

Does this sound familiar?

You have joined the gym, got the program, booked your personal trainer, following the diet and still you are not getting the results you want.

Or maybe you have hit a plateau

..... Or lacking motivation.....

or starting to skip sessions.

Health and Fitness Motivational Coaching can help you to discover what is holding you back. Like an elite athlete, everyone can benefit from a coach to motivate you to put in 100% and achieve your health and fitness goals.

Dr Kristy Howard, NLP practitioner and business/life coach, says that “often it is not that we don’t want to change, its just that change has both the positive and negative benefits and this can be what is stopping us achieving our goals. Health and Fitness Motivational Coaching can help by identifying these positive and negatives and the related self-sabotaging behaviours and change them forever.”

If this is you, talk to Kristy about how Health and Fitness Motivational Coaching can add value to your gym membership and take you to where you want health and fitness to be.

Sessions start at \$165 for a 3 session pack (or \$65 for 45 mins) - Normally \$330— save \$165 (half-price—available until June 30 2011)

Sign up for a free introduction to Health and Fitness Motivational Coaching

Testimonials from clients who have used Health and Fitness Motivational Coaching

“A safe and friendly approach to changing your thinking and committing to what is important. I am now going to bed earlier and exercising regularly”

“I am more motivated towards achieving my health and fitness goals. I now know what fears were holding me back and can work around them.”



 a rural & regional focus

For more information contact Kristy
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