



Helping Organisations and Individuals get through life more easily



**F**ind out what the starting point feels like in just 12 weeks. See the results of your short term goals, and gain the momentum to continue towards your long term goals.

Personal wellness begins with PriorityOne's team of specialists offering individuals and organisations tailored programs in state of the art, private personal wellness centers, and fitness suites.

### You will

- Gain clarity of mind and a sense of purpose
- Reduce stress to the body and mind
- Develop mental and physical strength and flexibility
- Align your physical functions enabling 100% oxygen and blood flow for better 'brain' performance
- Improve your nervous system and organ function
- Have better posture

- Receive an eating plan supporting your specific body type and lifestyle
- Lose weight, if this is a goal, and tone your body
- Develop cardiovascular fitness
- Work towards rehabilitation of injuries
- And much, much more...

**O**ver 12 weeks you will change the way you think, behave, look and feel by addressing all of your personal wellness concerns. This is achieved with a tailored plan for you to have a far less stressed life, with much more balance, where you achieve your goals.

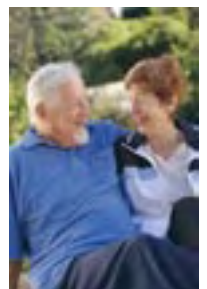
**Imagine....everything you need to make a significant difference to your life, be treated with respect and individuality, supported, and encouraged to stay on your feet and feel great!**

### What you get

- Personal coaching sessions
- Lifestyle analysis
- Health and fitness screenings with including realistic short and long-term goal setting
- A tailored plan
- One on one personal training sessions
- 12 week off peak gym membership
- Nutritional consultations
- Healthy eating plans, shopping lists and recipes
- Massage treatments

### 3 additional bonuses

- Personal coaching and training diary
- The same dedicated professionals every session
- Chiropractic Services



# 12Week Start-Up

**A better more balanced life is possible...**

A 12 Week Start-Up initiative moving you towards a better, much less stressed, healthier and more balanced life.



# Start doing more of the things **you want to** be doing **guilt free** and feel better when doing them!

## Your personal wellness plan

The first coaching session will kick start you in to action. Your 12 week program will be discussed and developed to match your career, personal and social goals.

We will get you started, and help you stay on your feet when life presents the unexpected and give you a gentle push in the right direction if you start to stall.

## Health and fitness screening

PriorityOne conducts a 90-minute non-invasive consultation and screening. You receive a 45-minute health test followed by a 45-minute fitness assessment with a qualified technician.

We provide you with a report on your overall health, and any recommendations for maintaining and preventing poor health, and improving your overall health to turn back the body clock.

## Your nutrition

Your specific energy requirements are assessed and our dietician provides you with a nutritional plan to complement your lifestyle.

You will also receive shopping lists, recipes, meal plans, and what to do when eating away from home. This makes the transition as easy as possible.

## Fitness

From here your trainer will introduce you to a number of different training techniques, exercises and equipment to improve your health with fun and challenging exercises.

If you travel a lot we will provide you with exercises you can do in the hotel room, CBD, local park, and beach.

## Chiropractic

Postural assessment and computer scanning using the latest technology allows for accurate assessment of your spine and nervous system. Subtle misalignment of the spine causes discomfort and slows the body and minds performance.

Chiropractic helps with your energy levels and clarity of mind and will have a direct effect on your immune system... an opportunity to warn off colds.

## Pulse checks

Having completed six weeks of your tailored approach, you will notice visible changes to your appearance and clarity of mind. It is here we check up on how we are going and tweak your plan where necessary.

**At 12 weeks, we plan your new direction,energy, and healthy lifestyle and have you motivated to continue towards your ultimate goal... a better, much less stressed, healthier and more balanced life.**

## So how to get started?



Take the hard work out of change and contact us here for a free chat. You are about to connect with people who can help you reach your true potential.



### P.S. When considering change where do you fit?

- 100% of us think about doing it
- 50% of us plan, organise and get ready
- 70% of them manage to start and then drift off somewhere...
- 30% of us who start, persevere, get results, and are happier living a much less stressed and more balanced life guilt free



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A Fresh Approach

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