



Helping Organisations and Individuals  
get through life more easily

**PriorityOne**  
A Fresh Approach



# WALK THE TALK

## “WITH A QUALIFIED FRIEND”

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

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

### 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
- Improve your nervous system and organ function
- Have better posture



**“When we have our health,  
we have everything”**

When you next go for a walk to clear your head,  
take a PriorityOne coach/trainer with you.

Treat yourself to the  
best personal wellbeing,  
fitness and life coaching  
advice available and  
open up a world of  
opportunities.



**“We spend our health creating our wealth, and then find we spend our wealth to get our health back.”**

# A Better More Balanced Life is possible...

## 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
- Use of our mobile personal training services where we can come to you
- 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



**“All goals are achievable; the key to your success is how you set and work with them.”**



## 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



Health  
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