

The D2W Wellness Coaching program supports the creation of new Positive Behaviour & Mindset

4 Week Program building your 12-month Personal Wellness Plan

3 One on One Sessions with our D2W Wellness Coach

Or

3 Small Group Sessions (3-4) with our D2W Wellness Coach

Create & Implement your 12-Month Personal Wellness Program



Why Wellness? Why D2W LIVING 100%?

- Would you like to feel more energised, engaged & enthused with work, love & life?
- Have you ever considered a whole wellness plan?
- Do you have a vision of what WELLNESS means in your life?
- Are there changes you feel you may need to make?
- Are you going through current changes in your life?

Our D2W Wellness Coach helps you build a 12-month plan over 4 weeks that incorporates;



- Your current exercise & movement plan
- Nutrition
- Behavioural Changes
- Sleep & Energy
- Positive Mindset
- Your Wellness Vision

Benefits to You

- Create a Wellness Plan around mind, body & spirit
- Develop a positive mindset & new thinking in mind & body
- Feel 100% effective every day...Thrive not Survive
- Become more energised, engaged & enthused with work, love & life?
- Building Mindfulness into your training & exercise program
- Move towards what we call...LIVING 100%



Most of us know WHAT to do, we struggle with the HOW.

Call in and make an appointment to have a chat with Keith our resident Wellness Coach, to see if we can help you with a plan to get on track. Start Living 100% !

CALL DEDICATED TO FITNESS 02 6332 4000

Pricing

1 on 1	4 Week Program	\$62/week
Small Group	4 Week Program	\$39/week*

* Prices are based on direct debit, for a minimum of 4 weekly payments. This does not include your regular D2f Gym Membership , however the amount can be added to you Direct Debit amount for the 4 week term if you choose.

* Alternative full payment in advance is welcome.