

# *Vitality Mission*

- noun, plural vitalities.

1. exuberant physical strength or mental vigor: a person of great vitality.
2. capacity for survival or for the continuation of a meaningful or purposeful existence: the vitality of an institution.
3. power to live or grow: the vitality of a language.
4. vital force or principle.



# Objectives

- ✧ **Move Well:** Excellent mobility and movement can enhance all aspects of your life. Learning how to move your body well will give you confidence in whatever exercise you like doing .....and get you strong!
- ✧ **Rest Well:** We all know that sleep and rest are important, so let us show how to improve yours
- ✧ **Eat Well:** Nutrition is THE most important aspect of health. We aim to guide you in the right direction to find out what nutrition is best for you...after all who knows your body better than you?
- ✧ **Think Well:** We all know a positive outlook is vital, however we need to train our brains and inner voice to enhance this.....just as we would our muscles



# Mission Details!

 Success in health comes from small habits

 Social support + community + accountability = SUCCESS!

 3 missions to your inbox every Monday morning for 6 weeks (starting 11.01.16):

1) Physical 2) Nutritional 3) Mind

 You hit reply later in week with your **Win/ Learn/ Change** based on the 3 missions

 We share back out the group any ideas, successes, plus anything relevant we can add to help (no names or data shared, unless your want to!)

 Email contact available throughout

 2 x 30 min one2one telephone call with Kim or James at convenient time across the 6 weeks

 £20 introductory price

 Sign Up:

e: [james@eatwellandworkout.com](mailto:james@eatwellandworkout.com)

t: 07870262741



Eat Well and Work Out  
[eatwellandworkout.com](http://eatwellandworkout.com)



# About us



## Personal Trainer James Chandler:

- ✧ Over a decade of experience helping others reach their full potential physically and mentally. After turning his own health around, builds his entire training philosophy around the importance of support at every step... however small

[james@eatwellandworkout.com](mailto:james@eatwellandworkout.com)

## Naturopathic Nutritionist Kim Chandler:

- ✧ Many years experience helping others find inner health through real food.

Passionate in providing good habits that endure for life. Nutritional Therapy uses the combination of the wonders of science (biochemistry and nutrition) with naturopathy (natural, drug-free medicine). It is designed to support the body as a whole and to treat the underlying symptoms rather than just suppressing them.

[kim@eatwellandworkout.com](mailto:kim@eatwellandworkout.com)

- ✧ Finding your true health potential can be hard work, however it isn't complicated when you have a clear focus...and apply with consistency
- ✧ When creating this email driven course we have incorporated all we have learnt through experience and study, providing foundational knowledge to incorporate vitality and health into your lifestyle