

## HEALTH & FITNESS PROGRAM

### SMALL CHANGES – BIG GAINS

#### COMMITMENT

Building a strong foundation is paramount to lasting results and sustainable change. To ensure we establish this base foundation a minimum of 6 weeks commitment is required.

#### YOUR 6 WEEK PROGRAM INCLUDES

<b>INITIAL CONSULTATION</b>	<ul style="list-style-type: none"><li>• Health screen review</li><li>• Nutrition &amp; lifestyle assessment</li><li>• Body composition testing including hormonal profiling</li><li>• Exercise review</li></ul>
<b>BODY COMPOSITION TESTING</b>	<ul style="list-style-type: none"><li>• Initial test</li><li>• Week 2 test</li><li>• Week 4 test</li><li>• End test</li></ul>
<b>RESOURCES</b>	<ul style="list-style-type: none"><li>• Base Nutrition Guide</li><li>• Weekly Exercise Schedule</li><li>• Weekly Health &amp; Fitness information sheets</li><li>• Recipe Starter Guide</li></ul>
<b>PERSONAL TRAINING SESSIONS</b>	<ul style="list-style-type: none"><li>• 6 x fully customised training sessions</li><li>• 45 – 60 minutes in duration</li><li>• Custom conditioning, boxing, postural reset &amp; fitness</li></ul>

#### FEE STRUCTURE

6 Week Program purchase:	\$1890.00 + GST	Gift vouchers are available.
Single / Ad Hoc Sessions:	\$100.00 + GST	All vouchers valid for 3 months.
		As and when desired if you wish to add extra nutrition or exercise sessions during your 6 week program

#### PLEASE READ CAREFULLY

All pricing is in NZ dollars and excludes GST. Pricing is subject to change without notification.

#### SESSION / APPOINTMENT ALTERATIONS

We understand you are busy and life can be hectic so session changes can be made up to 48 hours in advance at no cost. Simply e-mail or text and we will re-book your session at a more convenient time. If a session is cancelled within 48 hours, the full session price will be charged.

#### SESSION PAYMENTS / EXPIRATION

All sessions must be paid in advance. Once a session has been booked and we have received your forms, work and preparation of your program begins therefore we do ask you are sure of your session before committing as we do not refund session payments, block session payments or program payments. Program and sessions expire after 3 months from date of purchase.

#### SESSION GUARANTEE

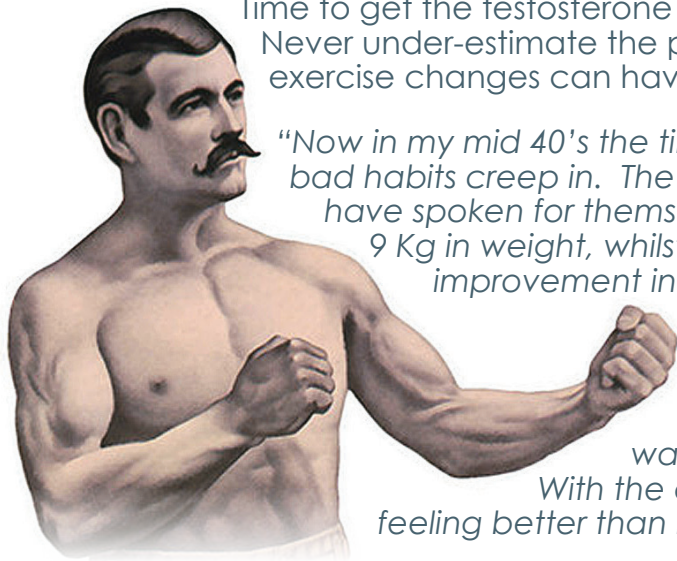
We have worked with hundreds of clients and do our best to ensure you get what you need to achieve the results you deserve. Known for our honesty, integrity and straight up approach, we will fully refund your session if you believe it is not appropriate or beneficial for you. Simply notify us via e-mail within 48 hours of your session.

# TAKE CONTROL OF YOUR HEALTH

**CHANCES ARE YOUR GRANDAD WAS A  
MORE FORMIDABLE UNIT THAN YOU ARE!**

Testosterone rates for males in the western world have declined over 40% in the last 30 years.

*Think your diet is healthy, but not looking your best?  
Trouble getting rid of bodyfat?  
Training hard but not getting the results?  
Motivation levels low, no energy or feeling depressed?  
Man-boobs, love handles or beer belly getting you  
down?*



Time to get the testosterone back and take back your manliness!  
Never under-estimate the power of the **small**. Lifestyle, nutrition and exercise changes can have a profound positive impact on the body.

*"Now in my mid 40's the time pressures of work and family life had seen bad habits creep in. The results Lee-Anne has helped me achieve have spoken for themselves, I've halved my body fat and dropped 9 Kg in weight, whilst putting on lean muscle mass. The biggest improvement in my health though has seen me no longer requiring any medication for a chronic gastric reflux condition. I was diagnosed with a sliding hiatus hernia and have been on proton pump inhibitor medication daily since I was 18 to stop my stomach from producing acid. With the change of diet I'm now medication free and feeling better than I ever have."*

**Lars Bojsen-Møller**  
Head of Distribution  
Southern Cross Health Society

## LEE-ANNE WANN

- VODAFONE WARRIORS NRL NUTRITIONIST
- PERFORMANCE NUTRITIONIST
- RADIO & TV HEALTH & FITNESS EXPERT
- PRESENTER & AUTHOR

Refreshingly different Lee-Anne Wann is not only highly educated and informed, but the most relevant and trusted health and fitness expert in New Zealand. Well known as the tough-talking trainer from the hit TV Show "Downsize Me", Lee-Anne is currently completing a degree in Natural Medicine, is fluent in Japanese and has extensive accreditations in health and fitness. With over 30 qualifications to ensure she is up-to-date with the latest trends, ideas and scientific research, Lee-Anne's approach is not fad based but one that recognises that our lives are complicated and busy.



FOR FURTHER DETAILS OR TO MAKE A BOOKING E-MAIL [CONTACT@LEE-ANNEWANN.COM](mailto:CONTACT@LEE-ANNEWANN.COM)

*small things truly make for great changes*  
**LEE-ANNE WANN.COM**  
HEALTH & FITNESS CONSULTANT | PERFORMANCE NUTRITIONIST