

WELCOME TO STELLAR WEIGHT LOSS & WELLNESS COACHING

- Do you want to look & feel better?
- Are you finding it hard to lose weight?
- Do you have a goal in mind but are not sure how to fit it in with your lifestyle?
- Are you following a generic program that isn't right for you?

If so, Stellar coaching may be what you need. Here's how coaching will benefit you:

- Have every session mapped out in detail using the worlds best training software
- Can be coached from anywhere in the world, remotely accessible service
- Receive an individualised, versatile program that is right for you
- Receive timely feedback on your training sessions & progress
- Boost your motivation & accountability
- Avoid injury, overtraining & plateaus
- Build a partnership with a coach who is responsive, knowledgeable & invested in your success

PLATINUM PACKAGE



A coach that understands weight loss, wellness, lifestyle factors as well as injury and rehabilitation

Individualised daily exercise & wellness plan suited to your lifestyle & delivered in accordance with your goals

Nutrition & lifestyle advice

30% off all services within the practice

Unlimited access to your physiotherapist coach via email, text & phone

Coaching feedback after every session

Response & adjustments to your program based on your feedback made within 12 hours

Regular testing

Premium Training Peaks account

GOLD PACKAGE



A coach that understands weight loss, wellness, lifestyle factors as well as injury and rehabilitation

Individualised daily exercise & wellness plan suited to your lifestyle & delivered in accordance with your goals

Nutrition & lifestyle advice

20% off all services within the practice

Access to your physiotherapist coach via email & text

Coaching feedback after every session

Response & adjustments to your program based on your feedback made within 12 hours

Regular testing

Premium Training Peaks account