PAGE CONTENT

**Main Title/Description of Service:** Qualified Holistic Health Coach

**Please include my 4 main services that are:**

Nutritional Advice

Fitness Planning

Natural Health Management

Lifestyle Assessment

**My Contact Details to be included with a strong call to action like “ Contact me today” or “Get started now!”**

Wendy Allen

www.myhealthreport.com.au

Mobile: 0412 154 554

Phone: (02) 9416 5996

Email: wendy@myhealthreport.com.au

**If my qualifications included as:**

"BA in Sport and Exercise Management”

“M Pharmacy "

**Additional details of my services to be included on reverse side or where-ever possible:**

* Holistic Health Check-up
* Weight-loss goals
* Mini Medication Reviews
* Review of Vitamins and Supplements
* Nutritional Guidance
* Exercise Guidance
* Use of Natural Therapies
* Sleep Management
* Stress Management
* Specific Health Concerns
* Long Term Disease and Lifestyle Management
* Food Tips and Education