



The Life! Program is supported by the Victorian Government

Over 70,000 Victorians have taken the first steps to better health with the Life! program.



ONLINE

Health & Wellness Program

100% Funded by the Victorian Government



Healthy Eating Habits



Exercise + Fitness



Sleep, Relaxation + Mindfulness



Stress Management + Mental Wellbeing

The Health & Wellness *Life!* program will equip you in;

- ✓ Evidence-based, simple and effective lifestyle modifications
- ✓ Achieve and maintain a healthier weight for you
- ✓ Best exercises to support a healthy metabolism, & increase energy & fitness
- ✓ Strategies for stress management, mindfulness & improved sleep quality
- ✓ Nutritious meal planning, including healthy food swaps & hacks
- ✓ Motivation & strategies to fit exercise into a busy lifestyle
- ✓ Debunking myths of popular diets to help clear nutrition confusion
- ✓ A dedicated team of expert health professionals ready to support you on your journey to better health.

PROGRAM STRUCTURE

- 1x phone or online 1:1 Initial Consult*
- 6x online group sessions
- 1x FREE evidence-based e-Manual

Note: any live Zoom sessions missed can be sent via recording for your convenience + phone catch up

*Eligibility criteria applies

"It has been a privilege to be able to participate in this course, it came at a very opportune time and I have made many positive changes in my life because of it. THANK YOU VERY MUCH!" Lisa

"The course was informative, educational and most importantly empowering. I felt like I could come away with tools to change things myself. The teacher was supportive, approachable and inspiring." Candice