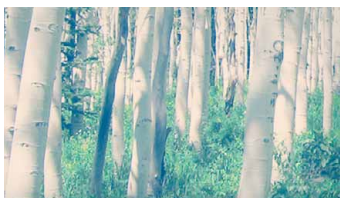


*small steps
big change
whole health*

FEEL GREAT IN EIGHT

Nutrition & Lifestyle Program

holihealth 
Nutrition & Lifestyle Trainers





FEEL GREAT IN 8 WEEKS

A NUTRITION & LIFESTYLE PROGRAM

WANT TO IMPROVE YOUR HEALTH?
NOT SURE WHERE TO START?

- Let holihealth teach you how to eat right and make healthy lifestyle choices.
- Feel Great is not a diet it is a way of life for life.
- We focus on health and prevention.
- Just a few small steps can make significant positive change.

OUR MISSION is to take the confusion out of healthy eating and give you practical easy steps to fit nourishing food into a busy life.

OUR GOAL is for you to feel great, look great, achieve and maintain a healthy weight, increase energy, reduce stress and cravings and create a strategy for optimal health and wellness for life.

FEEL GREAT IN 8 - THE PROGRAM TOPICS

Awareness & Responsibility

Stress

Nutrition 101

Digestion

Sugar & Wheat

Inflammation

Energy & Movement

Sleep

Toxins + Cleansing

Brain & Mood

CALL US TODAY AND START FEELING GREAT

FEEL GR8 is available as private sessions, in a group setting, over the phone or in person (in Greater Vancouver). We design programs specific to your needs. Contact us at info@holihealth.ca
