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Lifestyle Planning

Are you time poor? Unable to exercise? Or just needing a hand to get on track?

You are not alone and Belinda Lewis has established her business, Lifestyle First, for just that reason.

Lifestyle First is dedicated to helping people to reach their optimal wellbeing through wellness, exercise, mindset and happiness.

“We often plan for a holiday, or develop a business plan in the corporate world, but rarely do we create a lifestyle plan,” said Belinda.

“Lifestyle First offers coaching to develop and fulfil lifestyle plans, achieve lifestyle goals, exercise goals and weight goals.”

Coaching is offered by phone or email so there is no need to leave your home.

Discreet and confidential one-to-one coaching with Lifestyle First is tailored to individual needs.

Personalised diets that match your age, your lifestyle and your activity levels can be developed.

No shakes, no packets, instead education is provided on balanced home cooked meals, including the amount of food required for you to fuel your body – and that changes with age.

Whilst much of Lifestyle First’s work has been coaching for weight management, personal exercise programs are also available, and as a personal trainer, Belinda’s passion is working with injury restrictions and inactive people.

Now is the time to make life-changing lifestyle changes.

For more information visit www.lifestylefirst.com.au, www.facebook.com/lifestylefirst or by call Belinda on 0408 395 391.