

evolution to wellbeing's

10 day cleanse:

The objective of the challenge:

- **Fat loss**
- **Improved health and vitality**
- **Increased energy levels**
- **Increased fitness levels**
- **Intensive focused short term burst of good nutrition and fitness to get you back into the groove for spring**
- **Practical education and knowledge around good nutrition**

What participants who attended the last challenge had to say

The best way to dramatically change the way you eat and exercise with support plus camaraderie
Judy Koerber

This is the best food and exercise combination that I have ever done.
Pip Davis

I had a great 10 days and enjoyed every minute of it and will miss it next week.
Jodi Sangster

Life-changing
Margaret Farmer

Illuminating
Susan Owens

Challenging, educational, fun and extremely worthwhile.
Brian Mooney

To top it all off every single person who participated in the cleanse agreed that they would do it again.

How it works:

- ? On Day 1 and day 10 a detailed individualised assessment. The result will be a totally quantifiable way for you to measure your fitness and weight loss results over the 10 days.
- ? Early morning fitness training each morning lasting 45 minutes and commencing at 5:45 am on weekdays and 7:00 am on weekends.
- ? Breakfast and nutrition workshop post session at Speedos – adjacent to Bondi Beach lasting for 30 minutes finishing at 7:00am on weekdays and 8:30am on weekends. Participants will also be provided with a 10 day eating plan, course notes and a recommended buying list.

Where is it?

Training location: Bondi Beach
Breakfast locations: Speedo's café

When is it?

Dates Contact the etw office on 9371 3488 or email info@evolutiontowellbeing.com for dates
Time's **weekday: 5:45 am—7:00 am**
weekend: 7:00 am—8:30 am

How much will it cost me?

The cost of the program is \$ 360.00
This fee includes all course material, nutrition lectures, fitness assessments, exercise sessions, and café meals .

How do I register:

Please call Mike or Gavin on 9371 3488
email mike@etwgroup.com

FAQ's

What if I attend total balance?

Although integrated with the program is totally independent of the registration fee.

If you register into the program you will receive a 25% deduction off the total balance track in which you are participating in the cleanse. This reflects the two weeks of 'missed' total balance sessions and means that you will be billed for a total of 6 total balance weeks.

What if I can't attend every day?

To get the most out of the program it is important to attend at least 80% of the sessions. If you are not able to commit to that then we would advise you not to register into the program. Please note that missed sessions will not be credited nor will the program be discounted.

Can I attend the nutrition component of the program only?

You may attend the nutrition sessions only provided you attend the assessment on day 1 and day 10. Please note that the program cost will be the same whether you attend the fitness training or not.

What resources will I be given?

Prior to the course start date you will receive an outline of the 10 day cleanse so that you can prepare your own pantry accordingly. You will also receive a food diary for recording your daily consumption during the 10 days. Recipes and educational handouts will also be given out at most sessions.

Who will be attending the program and how many people may attend?

The program is open to both current ETW clients as well as anybody else interested in taking up the challenge. Differing fitness abilities will be catered for. The program is open to 14 participants.

Where will we be having breakfast and what will be eating?

We will be eating at a local Café in close proximity to the fitness training session. The menu will change daily and will be specific to the cleanse requirement on that specific day.

Will we be finishing promptly?

Sessions will begin and end on time as we recognise that you have other pressing engagements.

What if I would like additional nutrition sessions or advice?

The nutritionist is available at the end of each breakfast for questions and will also be available on email. If you feel you'd like an additional nutrition consultation please contact the ETW offices on 9371 34 88 and we will arrange a consultation for you.