



# Lifespark 'Lighten Up' Programme

This programme is a 6 week **guaranteed** weight loss and feel great programme.

It includes:

- One hour initial consultation to analyze
  - Health objectives
  - Current eating habits,
  - You will receive your own personalized food plan to suit your health needs
  - Full body composition analysis for tracking results.
- Plus 3 follow up sessions to keep you on accountable, motivated and full of positivity!

**Special discounted price off \$199**

**Contact [www.lifespark.co.nz](http://www.lifespark.co.nz) or 09 9734806**