

.. 2010 Packages ..

Package 1 - Nutritional Survival Package

This package is an in-depth look at your current eating habit and lifestyle. You will walk away equipped with tools that will assist you in adjusting and maintaining your new lifestyle.

- A one hour consultation
- Individualised nutrition booklet that takes you through the food groups, Glycaemic Index and how to read labels
- 7-day food plan
- Body-fat percentage calculated
- Recommendations and a plan forward
- Eat Taste Nourish Nutrition Cookbook – *Fabulous food for your body and soul* by Zoe Bingley-Pullin

Cost: \$180.00

Testimonial

“Thank You! I’ve only just had the chance to read over it and it’s terrific. You’ve really helped me understand a few things about foods in the beginning and I’m looking forward to trying a lot of the recipes. I’m really keen to try the Mashed potato as my Husbands a big fan of that so now maybe I can enjoy it too. I will let you know the results of my cooking trials as I go!”

Rozz Switzer from Mornings with Keri-Anne (Channel 9)

Package 2 - The Five Week Lifestyle Changing Package

This is an educational plan focused on changing your diet as well and your lifestyle. Each session we will look at elements of your diet that need improving i.e. week one breakfast and snacks. We know a healthy diet is very much influenced by our habits and identifying and changing these will mean long lasting, excellent eating habits. Each week I will go over your food diary, set you new tasks to focus on and do your body fat; along with fun and sustainable ways to cook, shop and enjoy food.

- A one hour consultation
- 4 x 30 min consultations
- Individualised nutrition booklet that takes you through the food groups, Glycaemic Index and how to read labels
- 7-day food plan
- Body-fat percentage calculated
- Recommendations and a plan forward
- Eat Taste Nourish Nutrition Cookbook – *Fabulous food for your body and soul* by Zoe Bingley-Pullin

Cost: \$480.00

Testimonial

“It’s not so much about what you can and cannot eat – you can find that information anywhere. It’s about the motivation and feedback that a good nutritionist magician, such as Zoe can provide.”

Chau Tong, accountant ATO

Package 3 - The Essential Health Overhaul Package

This package introduces a 2 hour Cooking Class @ About Life. The classes will teach you how to make a delicious and healthy meal in minutes plus the Five Week Lifestyle Plan.

- A one hour consultation
- 4 x 30 min consultations
- Individualised nutrition booklet that takes you through the food groups, Glycaemic Index and how to read labels
- 7-day food plan
- Body-fat percentage calculated
- Recommendations and a plan forward
- Eat Taste Nourish Nutrition Cookbook – *Fabulous food for your body and soul* by Zoe Bingley-Pullin
- 1 x 2hr cooking class held at About Life

Cost: \$580.00

Testimonial

“Healthy living is a priority to me and with Zoe’s advice I have refined my health knowledge. I am now armed with the tools to create food that is easy to make, a joy to eat, and a great benefit to my well being.”

Erika Heynatz, Model and TV Presenter

Package 4: Cooking for time poor people

Learn how to make fast, delicious and healthy food that will last the week and provide you with lunch or dinners. You will be given tips on shopping, how to read labels, preparing and storing food.

- This cooking seminar and demonstration can be held at your home, office or at About Life.
- The seminar/class will be held for 2 hours and caters for up to 10 people
- Handout, recipe, apron and food included
- Eat Taste Nourish Nutrition Cookbook – *Fabulous food for your body and soul* by Zoe Bingley-Pullin

Cost: \$200 per person flexible to change based on organic seasonal menu

Testimonial

“Living on my own I was a very boring and pedestrian cook. After attending two of Zoe's cooking courses, she taught me that food is exciting and need not be boring in preparation. Since then I prepare a number of courses and am continuously experimenting and what's more, enjoying the whole process. Vivre la cuisine.”

Robert John, Hotelier

Package 5: Five week workshops

The weekly sessions will be run weekly for 45-60 minutes. Each week you will be weighed and have your body fat % recorded, in confidence. We will look at current nutrition obstacles that are affecting your productivity and put realistic solutions and goals together. Working as a group is an amazing and successful way to increase accountability.

The program:

- Personalized nutrition folder including 7-day eating plan and food diary
- Weekly weigh-in and body-fat %,
- Nutrition talk focusing on tips such as food groups, fat loss, muscle gain, metabolism, digestion
- Cooking class and learn new health and lifestyle to put in place for the week.
- Group email contact
- Eat Taste Nourish Nutrition Cookbook – *Fabulous food for your body and soul* by Zoe Bingley-Pullin

The cost is \$300.00 per person in groups of 5

Testimonial:

"I am delighted to recommend Zoe Bingley Pullin's Group Health sessions, "How to Love Food" I found each session full of really informative and interesting information – almost scientific – which made sense and I finally "got" a lot of it and had fun as well – the time flew by..... I got a lot out of the 5 weeks and lost a lot (of fat) too..... Bravo Zoe and her health advisor team, great concept, great sessions....."

Brooke Tabberer, PR Consultant

Package 6: Seminar Survival Package

Nutritional edge offers practical user-friendly advice to increase the overall health and wellbeing of yourself or your staff.

Each seminar is tailored to the specific needs of the group or company. You can choose from one-off seminars to quarterly or three-monthly workshops.

What do the seminars cover?

Nutritional Edge seminars cover:

- **Nutrition in the workplace** – how to obtain and put into practice
- **Energy levels** – how to improve and maximize
- **Stress** – reducing it through nutrition and supplementation
- **Productivity** – increasing and sustaining it

Seminars Topics Include:

How to eat for a productive lifestyle

- Learn the philosophy behind eating for a balanced lifestyle.
- Tools and tips for the workplace and how to be time efficient with your health.

Maintaining and increasing energy levels

- Complex vs. simple carbohydrates diet, how to eat to increase your energy and reduce the highs and lows.
- The Glycaemic Index not just a buzzword.
- Hydration, caffeine and alcohol and their temporary relief

Reducing stress and maintain low stress levels

- What is the hypersensitive state of stress and their effect on your adrenal glands.
- The most beneficial foods for helping reduce stress levels
- Why supplements are beneficial for preventing stress

The quick fix for the party season

- How to prevent or combat a hangover
- The correct way to eat at cocktail parties and functions
- Supplements to help boost your liver and healthy

Cost:

1 Hour nutritional seminar, full day of individual assessments \$2500.00

1 Hour nutritional seminar, ½ day of individual assessments \$2000.00

Testimonial

"Zoe's nutritional experience within the sporting industry and specifically Rugby League is a wonderful resource for our game. She has an ability to be both well presented yet approachable, she provides guidance in relation to what it is that these young Rugby League players require, she presented a guided link between good eating and good performance required by these children to become the peak Rugby League players they dream to be. I give her my highest personal recommendation."

John Wilson, NRL Junior League Development officer