



STARnutrition



## **STARnutrition's Wellness program: Gawler SA**

***TESTAMONIAL: Kasey Jackman is a busy mum who is reaping the benefits of the STARnutrition program – and her lifestyle changes served her well. “I finished a few months ago, I continue to see Sherry for training and some assessments.” Kasey said “At the time I dropped five kilograms of fat and improved my fitness to such an extent I can now do so much more, and I’m stronger. “Before I started I couldn’t even jog around the block, now I actually enjoy exercising and training. My muscle definition is probably the most noticeable difference.” Kasey said the key has been learning to create some balance. “The best thing is I can still have some treats. I used to be kind of addicted to chocolate, now it’s about balance and eating for enjoyment rather than habit. “She said.***

Sourced from: the Bunyip paper, quote taken by Robert Laidlaw.

STARnutrition - creating a way of eating that suits each individual, maximizes good choices and vitality so you can reap the rewards of a healthy lifestyle, while still enjoying life and social occasions. Aiming to have loads of energy, being active, alleviating excess weight and improve on so many health issues so prevalent today. Small behavior changes help set up new patterns, this gets the ball rolling. Own your choices, making it a journey, accountability helps and having a Nutrition counselor to bounce your ideas off helps reveal good choices that suit you. You can feel your best most of the time year in and year out – it's called Wellness by STARnutrition.