



STARnutrition

The value of healthy Nutrition
Creating better wellness
everyday!

STARnutrition is all about creating a way of eating that suits the individual person's needs, so you can reap the rewards of a healthy lifestyle while still enjoying food and being sociable. You can start your journey and aim to have lots of energy, be more active, while helping alleviate excess weight and many health issues so prevalent, due to unhealthy diet and lack of activity. STARnutrition helps clients implement small behavior changes initially (a holistic and motivational counseling approach), which gets the ball rolling and you are in control of your journey, it also helps you set up a way of eating you can enjoy (with someone to guide you and help motivate you along the way, as well as being accountable), so you can feel and look your best. 12 weeks of STARnutrition should get you well on your way to finding your best you.

To find out more, book a time, through Starplex reception, to see Sherry for a quick intro & find out how STARnutrition can help you.

TESTIMONIAL: 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 newspaper, quote taken by Robert Laidlaw.