

Create the life you want & deserve

Personal development is about self-fulfillment. It's about being what you want to be, being all you can be and loving your life. Life Coaching is the trend in personal development and a popular professional service that has been in existence for around 15 years.

The philosophy of coaching is based on fundamental human principles of integrity, accountability, respect, and a belief in human potential. It is about unlocking potential we all have inside us to maximise our personal performance and achieve what we want out of our lives.

Leonie Berger, a qualified Life Coach, will work with you to close the gap between where you are and where you want to be. It's about finding out what really matters to you, identifying your goals and developing a strategy for achieving them.

Life Coaching will...

- help you define the most important things in your life
- help you achieve things you've always wanted but never thought you could have
- help you achieve your goals FAST
- heighten your self-confidence
- sometimes be challenging and/or difficult
- stretch your capabilities and encourage you to look outside the square
- take you where you've never been before
- be one of the best things you've ever done for yourself.

Life Coaching is not...

- about counselling or therapy
- about having a coach tell you what you need to do with your life
- going to work unless you are prepared to work hard at achieving your goals.

By working with a Life Coach you are making a commitment to yourself to do more, achieve more, be more. You will be investing in your most important and valuable asset – you!



This is what some of our clients said ...

I have always hated the more vigorous "boot camp" exercise and found it very difficult to motivate myself beyond leisurely walks to keep active. My weight was creeping up, I lacked energy and my stress levels were high. Dieting was not working and I didn't have the time to exercise. The excuses were holding me back from what I really needed and wanted to achieve - vitality, good health and to retain my size 12 figure into my fifties. Upon meeting Leonie, we worked through my goals and planned the sessions to meet my schedule. I achieved my weight loss goal and I have never felt so alive. I am proud of what I have been able to achieve, with results showing from our joint efforts. If health is important to you and you want to feel younger than you have for years, let Leonie help you achieve the results that I've enjoyed... and have fun along the way.

Anne, South Australia

Life coaching has been an experience that has given me my confidence back that I had as a younger woman and given me a new lease for life. I can now stride ahead with a new feeling of self-esteem and contribute more fully to my working and family life.

Christine, Western Australia



High Performance Training

**For more information
on the services provided by
Life & More
please visit
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**Studio: 6 Ridgway Drive,
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No membership or joining fees apply



**Ordinary
people
doing
extraordinary
things...**

**do more
achieve more
be more**



High Performance Training

do more achieve more be more

Every day ordinary people achieve extraordinary things by simply setting a goal and having a plan of action to achieve that goal. Setting the goal is the easy part; having a realistic plan to achieve it is what usually catches people out. You may already have a goal to lose a few kilos, run a marathon, earn more money, or to simply wake up each morning feeling fresh, energised and balanced. How are you going with it?

Whatever your goals are in life, Life & More will work with you in its fully equipped private studio to establish and realise not only your goals but also your dreams. We will work with you to develop a realistic plan, and through a choice of Personal Training, Pilates and/or Life Coaching, achieve results not experienced before.

Whether it is about you achieving more in your personal or professional life or seeking to improve the quality of your life physically, spiritually or emotionally, Life & More will show you how to do more, achieve more and be more with your life from day one.

Life & More is a 'Fitness Australia recognised provider', which is a quality assurance accreditation. Fitness businesses with this accreditation are bound by an industry code of practice, which governs all aspects of their day-to-day running from safety practices and qualified staff to customer service ethics. This accreditation represents attainment of a high level of professionalism and service for clients of Life & More.



endure enhance excel

Get motivated and achieve your personal health and fitness goals with personal training. Life & More's professional assistance will help you to increase performance in the areas of strength, flexibility, endurance, posture, balance, coordination and cardiovascular health and fitness. We will work with you to develop your own individualised fitness training program that maximises your workout time and gets the results you are looking for. Training is not confined to indoors and an outdoor component may be added to some training sessions for some clients.

The first session that every client undertakes is an Introductory Consultation with one of Life & More's qualified fitness professionals. In this session, we will identify your training goals, any medical or injury concerns, and any other issues that will influence you successfully achieving your goals. We will also conduct a Health & Fitness Assessment to assess your current physical condition. We also use this opportunity to familiarise you with some of the equipment you will be using in your personal training sessions and introduce you to some of the key exercises you will be doing.

Personal training is about:

- individualising the training program with advice given one on one
- learning correct form and technique for cardiovascular and strength training
- learning new ways to improve your health and fitness levels
- relieving boredom from repetitive workout routines
- reaching or maintaining a healthy body weight
- body shaping and toning
- increasing energy and stamina
- reducing stress and anxiety.



improve the way your body functions looks and feels

Improve your core strength, flexibility and endurance without the use of heavy gym equipment.

Mat Pilates is a great way to learn the Pilates Principles and to:

- strengthen and condition muscles
- increase core stability
- enhance functional fitness
- improve sporting performance and increase resistance to injury
- alleviate pain and discomfort in the neck, back, hips and shoulders.

Life & More offers a Beginners course for those clients with no previous Pilates experience; Gentle mat classes for those clients who have completed the Beginners course or have previous experience in Pilates. Intermediate mat classes are for those who want to progress from the Gentle mat class and introduce small equipment including Magic Circle, foam roller, Chi Ball, hand weights and Theraband to challenge exercises further. Advanced mat is for clients who like to work at a high level of Pilates difficulty; this is suitable for those clients who have at least a minimum of three months regular experience at an Intermediate level and have no acute injuries.

At all times we will guide you, motivate you, and educate you so that getting and feeling fitter and healthier increases your quality of life and confidence.

